HEAVEN ON EARTH

Science Meets Spirituality

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I am You.

I enjoy watching you grow.

You shall know:

I love you.

When you know,

Pass it through!

~ The Divine

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Introduction

In this Book, we shall meet the Nothing within. You will realize that the Nothing in you is the same as the Nothing in me. It is the home of Love, and is the Divine. This will not change your life. It will transform it!

This Book is meant to be an extension of Gibran's Book *The Prophet* and Eckhart Tolle's Book *A New Earth*. It is written for those who aspire to raise their awareness and understand the human condition and the world, and for those whose purpose is to realize the Truth, and to access Love and healing—for themselves, their loved ones, and for humanity and the Earth. It is the lifestyle lived by the Author that enabled him to penetrate the forests of poverty, fear and disease and to go far beyond his dreams.

The Author is a clinical researcher from a simple Egyptian family who grew in the field of science until he became a professor at the U.S. National Institute of Mental Health, and then the Food and Drug

Administration. He then pursued holistic medicine, spirituality, healing sciences and energy. There he learned what was not taught in medical schools and scientific conferences. The journey was rich, interesting and enlightening. He also learned how to heal himself and many others from the diseases of the age; pain, depression, insomnia, anxiety and hypertension, after he personally suffered from them for more than ten years.

In this Book, the Author presents the diamonds of his thoughts and expertise in meditation, energy healing and life coaching to the reader. His purpose is to save those who wish to heal and prosper lots of time, money and confusion.

The Book in its entirety is a vision of faith based on science and respect for the Creator in all of His manifestations. It is compatible with physics, nature, mathematics and spirituality. Its purpose is Truth, goodness and happiness for all.

The words of this Book, carried on the waves of love, will assist you in making a shift from the separatist materialistic mind that causes disease and suffering to Consciousness—the source of prosperity for you, your community and the Universe.

We are wireless creatures connected to the energies of Earth and Heaven. You are an invisible being wearing a human body. But the collective materialistic culture and separatist mental activity is used to denying the unseen and its communication with the Absolute. Now you can understand that you have more wireless capabilities than the smartphone you carry. This Book helps you to activate these capabilities and take advantage of them.

This Book will be a great support and an honest guide for those who feel the light of Love inside. And for those who realize that they have an upscale cosmic mission: to build Heaven—here and now—on this Planet. The Author does not attempt to convince the reader of what is not actually within her soul. It is an abstraction of the masks and a stripping of the fences of collective thought that have long hindered the rise of mankind.

Book Cover and Icon

The Author is grateful to Zedge.net for making the cover image *Meditation by Hekseri* available for free download on the web.

https://www.zedge.net/wallpaper/717384bc-9af3-3281-9210-110c46ff7016

The Icon of this Book is the *Ankh* or *Key of Life*. It is an ancient Egyptian symbol with a cosmic power. The Author believes that the horizontal line represents time and the vertical line represents the human being rising to Consciousness in the *Now*. It is in the latter that the *Nothing*, the Divine, is met.

Chapter 1: Who Are You?

You are a breath of the Divine. A puff of the Spirit of Holiness and a whiff of Infinite Love.

You are here to build Heaven on Earth. At your heart lies your essence. And there is your real Being—Invisible to the sight but realizable with insight. There you recognize your true motives that arouse your passion, move your heart and cheer your soul.

Your soul is as eternal as its Source. It is like a beam from the Sun: as permanent as the Sun itself.

And your soul inhabits a body to lead on a holy mission: **to build Heaven on Earth**.

For this mission you need to ascend to Consciousness and to realize Love, the Divine, from within. This Book will help you get there.

You will get in touch with your energy and your soul. You will transcend thoughts and opinions. Your awareness will rise gradually until you get to Consciousness. This will enable you to weave the threads of energy to create a better reality.

Your vision will transform as if you took off bad lenses and put on High Definition glasses. You will even see beyond form.

Once you are in touch with your soul, you will realize Love from within. Your body will light up. You will literally be enlightened. You will see the souls in all. You will see the egos as masks covering the Divine in all. But your soul shall be able to communicate through the masks.

After you realize Love from within, the beloved will show up in your life. When you meet the beloved in

another, deal with each other as sacred souls. Meet the Divine through your beloved and allow him to meet the Divine through you. Support each other unconditionally.

From there you start building a community full of peace, pleasure, and giving. These communities then spread gradually until they prevail on Earth, and they cooperate amongst themselves for humanity to realize unprecedented prospects.

Chapter 2: Oneness of the Nothing

The Creator of things is not a thing. She is "Nothing." She is the Absolute that transcends things and thingness.

Multiplicity is a characteristic of things. It does not apply to the Nothing. Multiplicity applies to things, not to the Creator of them.

In the dimension that is higher than things and thingness, the Nothing is one and not multiple.

The Nothing is the Being and the Presence, always in the Now. Time is a measure created by Her to describe the movement of things.

The Nothing exists by virtue of Her own Self—without all things and attributes. She is not subject to time that is created by Her. In Her manifests Consciousness: the supernatural intelligence that is not subject to the mind, for the former is the Creator of the latter.

The Nothing is the container of all things and is the underlying essence of all.

Zero is a wing of the Nothing. He is one and not multiple.

Infinity is Her other wing. She is one and not multiple.

The consummation of Zero and Infinity in the heart of Nothing is Love**.** Love is one and not multiple. Love is what launched the Universe in what is known as the Big Bang. Thence energy and matter were born out of Nothing in the Nothingness—from Zero and expanding into Infinity, by the power of Love.

Zero and Infinity continue to merge into one another as long as the Universe continues—and Nothing lasts forever. So does your essence and the souls of all.

The Nothing cannot be realized by things, including your mental activity. She is realized only by Herself. Your soul is the breath of Hers and Herself—invisible to the sight, realizable by insight, in the world of form.

The Nothing remains the essence of all things. And in your arrival to Her, through your soul and not your mind, you are with the Creator and in love with all creatures. In this you find oneness, unification and unity.

Chapter 3: The Soul

Your soul is your essence and the imperishable Truth inside you. She is an infinite beam of the Absolute.

As subtle as the Nothing is your soul. She is the intelligent being that underlies your subatomic particles after the electrons, protons and neutrons crumble into vibrations and Nothing. She is beautiful and harmonious, in sync with the Universe and with nature. She loves the other, and enjoys the companionship of those whose egos are gentle and transparent, allowing their souls to shine through. Your soul can fly unbound by space or time. Its sole purpose is to build Heaven on Earth, and to enjoy the journey.

Your soul evokes various spectrums of energy that fill your body with life and light. Your communication

with them illuminates your body from inside; so it becomes a beacon attractive for lovers and its radiance causes the dissipation of negative energies. Your soul appreciates silence and serenity, and communicates effectively through them because they address the essence.

Your soul deals efficiently with the Nothing and with energy. Your soul is released when the mind is rested and you rise to awareness. There, you get diamonds of thought and flashes of creativity from the Nothing. She also meets in the Nothing with other wonderful souls where they share unconditional love.

Your soul sanctifies beauty wherever it is. She does not seek to own it or acquire it. Enough to see herself in it and be seen by it. Your soul merges with beautiful souls, and she rises to Heaven because of them.

Your soul is the source of life for your body and the relaxation for its organs. She is the source of Light, radiance and enlightenment. She is the source of peace, harmony and virtue. If her light is absent, darkness prevails; and fear, conflict and vice spread.

The Body is the Home of the Soul and the Ego is Her Shell

Your soul takes a body and dwells in it. The body becomes her home and her tool in building Heaven on Earth. The body has an important organ: the brain—the source of the mind and mental activity. The mind perceives only a fraction of the information. It receives data from the senses, such as the vision that depends on the eyes. The eyes see part of the spectra of light, from red to violet. The brain cannot see ultraviolet or infrared radiation. Nor can it perceive any waves of energy outside its senses such as microwaves, ultrasound, X-ray, radio waves, etc.

The brain spends much of its energy in a fear-based mental activity, the ego. The latter does not realize its oneness with the Nothing and sees itself separate and threatened. The ego weaves a casing to surround the soul. The casing often develops into a thick, dark capsule that tries to imprison the soul and isolate her from Love, just as some men isolate their women from the world to protect them. The logic of these men is as plausible as that of the ego, but it does not develop a soul nor build a heaven.

There is an inverse relationship between the radiance of the soul and the thickness of the ego. The more the soul expands, the ego thins out and its hardness softens. Thence the lighter and more radiant you become, similar to the balloon that expands to a large size. One can see through its thin skin. On the other hand, the thicker the ego, the heavier and the less flexible it becomes and the more the soul contracts, like the golf ball. When the ego dominates, the soul disappears and the body lacks radiance and affection.

Your soul is characterized by positivity and freedom based on the assumption of security and oneness, whereas the ego works out of fear and negativity based on the assumption of danger and separatism, followed by resentment or hostility.

The human potential exceeds that of all other creatures. The human soul is advanced. It can participate in Consciousness and use the mind for creativity. If humans had no ego, they would surpass bees and ants in efficiency, harmony and achievement. Those creatures do not have egos.

The Soul and the Ego Compete for the Body

Your soul is always connected to, and synchronized with, the Absolute, the Nothing. She uses the methods of relaxation, inspiration and spiritual communication. She enjoys any source of positive energy. She appreciates dancing, music, pure laughter and simplicity. She likes giving, altruism and serving the other. She neither cares about time nor does she look for the accumulation of wealth. She measures age by the number of beautiful moments and the depth of love in them. Wellness is her lifestyle. She rejuvenates your body, preventing the accumulation of stimuli that cause mental suffering and organic diseases.

On the other hand, the ego uses reasoning and mental debate in excess. It creates a state of contraction in the body and serious exaggeration in the mind. It activates stress hormones and neurotransmitters. It hinders and obstructs the methods of spiritual prosperity that, in its view, are a waste of time. It is interested only in wealth or power that benefits itself directly or indirectly.

You Do not Fall in Love. You Rise to Him

Contrary to popular belief: Love is not something you fall into. It is the highest frequency to which man can rise. Love elevates the body and mind. There your soul blossoms and you meet the Absolute and the beloved. Love is one in the Universe, but it has many manifestations. It is impersonal: it happens to any two people who meet at higher frequencies. Be sure to raise your frequencies and you shall receive unconditional love.

Man does not fall in love, but falls in the obsession to acquire another. That desire for conditional ownership is the highest form of relationship the ego aspires to have. When they say "love is blind," they are referring to the obsessive kind. True love sees beyond the form and has insight into what no one sees but the devotees.

Chapter 4: Meeting the Absolute

"Let us be Nothing. I heard it lasts forever."

~ Rumi

Communicating with the Absolute requires not fearing the Nothing, but yearning for it and welcoming it. It needs rising above things to their container or diving to the depths of their essence. Both lead to the same result, to the Nothing, and each facilitates the other. They are therefore used to varying degrees in the resorts of spiritual development to achieve life transformation through raising awareness.

Imagine yourself an intangible being—invisible, silent, made of love and beauty. You are then nothing, a soul. You have no personal agenda and a

minimal ego. How will you build Heaven on Earth when you live with the people you care about?

You can rise above things by giving up, or even bypassing, all of your ideas, including those making your identity, such as your name, gender, age, nationality, work, social status, faith, party affiliation and your property, as well as your weight, skin color, brand of shoes, car and glasses.

What happens to your being when you give up all of the above? Do you extinguish from existence? Or do you feel lighter? Does your insight improve?

To get to your inner essence, take any tissue in your body and look at it with the most powerful microscope. You find cells inside the tissue, then you find the molecules, then you find the atoms. With further examination, as proven in quantum physics, you will find the subatomic particles in the nucleus of the atom and its electrons all breaking down into energy waves and nothing.

So, in essence you are Nothing. You are the energy of Love, condensed and manifested in this wonderful creature, the human being.

You are the microcosm. The container is the Absolute and the essence is the same Absolute. The Absolute is the one Nothing. And between them emerges the physical, the manifested, in multiple forms including your body as well as all other creatures.

The body has a mental activity that sees only its personal perspective. It is only aware of what the senses tell it. It fears or denies the Nothing instead of communicating with Her. It believes that in the Nothing it would perish. It is ignorant that the Nothing is absolute, and that She is the Divine that underlies and contains all things.

But your soul realizes what the mind cannot comprehend. She knows that the Nothing is the one present Being from which all creatures and things emerge. She is the essence of all, despite Her diverse manifestations in the world of form. She alone is forever permanent. In Her alone there is security, light and peace.

Meditate

The goal of meditation is to raise your awareness and hopefully ascend into Consciousness. To rise up to a level higher than your mental activity. To communicate with the essence and to meet the Absolute. Meditation is the way used by prophets to communicate with the Nothing.

Start by following your thoughts. Don't discuss them. Don't support them. Don't oppose them. Just watch them. What is the nature of those thoughts arising from the brain? What is their density? What are their themes? How does each idea start and where does it end? Is there a space between one thought and the other?

When you find a space between your thoughts, traverse it. Move your attention from underneath the thoughts to the field above them. Just like an airplane when it takes off, it starts under the clouds, continues to rise and passes through them, then it becomes higher than all clouds. What happens when you rise above thoughts? The clouds go away and the sky is suddenly clear. You see the thoughts from atop for

the first time. This field, which is higher than thoughts, is Consciousness.

When you rise above thoughts, you come out of subordination to them. Thoughts derive their strength and desire to continue and reproduce by capturing your attention and the attention of others. When you rise above thoughts, your attention becomes awareness. And awareness is light in which the darkness of selfishness dissipates. That is why the intensity of judgmental, resentful, frightened and negative thoughts decreases as you rise to awareness.

When you traverse the field of thoughts, their vulnerability and weakness become apparent to you, like the weakness and fragility of the clouds that the airplane passed through. When you see the thoughts from above it becomes clear to you that your vision was inverted when you were under them and controlled by them. Just like someone who sees a glass clock movement from the front for the first time after having only seen it from the back.

This is a slight glimpse of awareness to someone who has temporarily given up her thoughts. What would it

be like to the one who has already abandoned most of her thoughts? And how is it for the one who went beyond the attachment to her mental and social programs? How is it for the one who does not attach to her property, connections and identity? And for the one who spends more time in the field of awareness than in debating thoughts?

If someone asks you who you are, you would probably say something like, "I am a French Muslim female physician who is married, and a mother of two children. I am 40 years old, from Mayotte, and I work in Paris."

Imagine these elements of identity falling one after another. Like your gender and your nationality. What do you lose if you are not a woman nor French? What harm can happen to you if you are stripped of these two things? The truth is that no harm happens to you. On the contrary, you become lighter. You lose some heaviness.

Try this with your party affiliation, your marital status, and your age, your work, where you grew up and where you live. Do you perish? No. On the contrary, you wake up. You shift from a conditional restricted

entity to an Absolute, unconditional being. You see your "I AM" without any descriptor.

When all determinants and descriptors fall away, the Absolute and unconditional Being remains. Being is Nothing; one, and not multiple.

In meditation, you draw your attention to your breathing, then to the energy of your body with gratitude to realize the liveliness within you. Distract your attention from your thoughts. Do not engage with them, either by support or opposition. Transcend your thoughts and rise above them. Monitor them until they are gone. What remains is your Being, your "I AM," unspecified and unlimited. There you meet the Absolute, sublime and wonderful!

Then the thoughts lose their control over you and you become the master, not the slave, for them. And you remain in this field higher than any thoughts. This is the field of awareness. This is the field of unconditional acceptance and gratitude.

Stay connected with your body as energy. Keep your attention to the flow of energy inside you. There you

realize the Absolute, the Nothing, physically. When you get to this point, your awareness transcends the physical into Consciousness.

There you realize oneness at the biological level; with a cognitive empirical faith compatible with science, physics and mathematics; respectful for your being and for the other; and for the Universe and the Creator.

There you are a soul, without an ego. And you meet Him, your Source. You connect with the Love that created you and was manifested by you, with you, through your human body.

In this great sphere souls converge together too. Through this great cosmic sphere comes creativity and vision, wisdom, insight and love, for yourself and for the other, and healing for you and for everyone.

"Out beyond ideas of right-doing and wrong-doing, there is a field. I'll meet you there."

~ Rumi

Let's meet in this field.

Breathe Deeply and Peacefully

Your soul is the breath of Love in you, and your breathing deeply and peacefully is your gateway to your soul and to Love.

Al-Hallaj, a great Sufi mystic, says to the Almighty: "*I swear by God, no sun has ever arisen or set, but your Love is coupled with my breaths*."

Now, draw your attention to your breathing pattern. Watch if your breathing is shallow or deep. Slow or fast. Take in your breath now, deeply and peacefully. Keep your attention on your breathing. Give your full attention to the air entering your nose with inspiration. What are its qualities, quantity, temperature, humidity? How is the purity and smell? What are the paths followed in the nose and sinuses, throat and trachea, bronchi to the bronchioles and the air sacs in the lungs? Thank the exhaled air as you let it out slowly and peacefully through your mouth.

Is there energy associated with your breathing? Where does this energy go? Contemplate and meditate on this energy. Is it refreshing? Is your body open to it? Are there places in your body that meet

this energy happily and welcome it? Are there places in your body that are constricted, painful, or in denial and not feeling energy? Stay with your breath.

Magnify the areas that welcome the energy. Relax and open gently the areas of contractions or pain one by one. Direct positive energy (Love and Light) to the constricted areas with each inspiration. Detoxify them of any poisons and negative energies with each exhalation. Celebrate your connection and communication with Love and Light.

Practice this frequently until it becomes part of your beautiful nature. This will help you light up from within. No need for makeup! Then you become a vessel to spread Love and Light. Welcome to the community of healers with positive energy.

From Now on, keep your breathing deep and peaceful, at least during your reading of this Book, and pay attention to the energy of your body from the hair on the top of your head to your toenails. Make your attention to your body's energy the background upon which you read the words.

Celebrate oxygen and life energy as they wash your cells. Get rid of the toxins and metabolic products all over your body. Adjust your spine, joints and limbs to facilitate tissue diastole. Adjust your mental status from that of critic or skeptic to that of the beneficiary and certain of positive energy. It is your energy. It is your Being.

Your attention cannot be with your thoughts and your bodily energy at the same time. Your thoughts keep hijacking your attention from breathing and awareness of bodily energy. This is detrimental to the body's health and your mental well-being. When you breathe deeply and peacefully, and you direct your attention to life energy within, your tissue celebrates and your skin lights up. Moreover, this releases your attention from the grab of ego. Then it is easy to traverse thoughts and rise above them. When your attention moves above the thoughts, it becomes awareness. And when you are aware of the field above thoughts and of your body energy simultaneously, you move into Consciousness.

With the practice of breathing and awareness of your energy, take this skill and art to your daily life. Watch what happens to your energy when you meet different people, when you go to different places,

when you perform your chores and activities and when you think of different topics.

Is your energy limited to your body or does it extend beyond? Does it interact with others? Does it interact with situations or places? Is your energy effective or affected?

How do you know when you're connected to energy? Are there any bodily signs that you feel? How do you return to energy if you lose contact with it?

It is not necessary to answer these questions now. Just keep them in the background of your mind and you will answer them in time. Yes, you will. As you rise in awareness to Consciousness, you get the Truth directly from the Source.

Be Present in the Now

This energy that you communicate with exists only in the Now. It is coupled with your breathing in the Present. It is your Being, your "I am" —without any identifiers or descriptors. Only the Being can create.

Being is the One who weaves energy strands into manifestation.

Being is Nothing: One, and not multiple. The entry point to Being is only in the Present. It cannot be accessed from ruminating on the past or worrying about the future.

If time is the horizontal axis, the Now is the vertical axis that takes you to the realm of Consciousness. The Now is your gateway to Love, peace and healing energy.

When you communicate with the Being, in the Now, you realize The Presence. And others who are present realize you.

Live every situation in your life present in the Now. Accept everything the Present brings to you. *You are either creating what is, or you should surrender to what is. If you are not creating, surrender.* If you want a better experience, create it in the next present moment.

In the "Now" you are at the forefront of the train of creativity. No time for anxiety and no place for depression.

Be Conscious

The human body, like the modern car, enjoys an internal computer: the human mind. It also has multiple invisible transmitters and receivers. It has portals for close and remote spiritual communication.

The human body has a lifetime. It is part of the world of matter. The mind also perishes. It is a function of the brain which is part of the perishable body. The mind is the source of mental activity and the house of ego. The latter is the separatist mental activity that is fruitless, judgmental and based on fear.

But you are not the body—not the car.

And you are not the mind—the car's computer.

You are the soul. You are the Divine breath. You are the invisible driver of the car.

Yes, the body with you in this life cycle has a beginning and an end. But you are as immortal as the Nothing Herself. You are a beam of Her existence. Should time come for the body to stop working, your soul can rise up to her Source. She can continue to build the cosmic heaven in forms that are unfathomable to the human mind. Or she can begin a new life cycle with a new human body to continue building Heaven on Earth.

The unique property of your soul that can monitor your mental activity and your energy and its interactions is your awareness. It is part of the one Consciousness. Your awareness is higher than your mental activity. Your awareness can bypass your mental activity and influence your body directly through the parasympathetic nervous system and the enteric nervous system. This is why the lay person describes her spiritual experience as heart or gut sensations. The parasympathetic and enteric nervous systems control the diastolic response of the body. Those that are relaxing and enjoyable.

The cerebral cortex, the source of separatist mental activity, controls the body through the central nervous system and the sympathetic nervous system.

The latter is the source of stress, anxiety and depression in the event of excessive functioning.

When you are in Consciousness you are not only aware of the Absolute, but you are of Him. This is a finer and longer-lasting state than attention, which only sees things and follows thoughts. Attention and what it sees and follows are all subject to time, are variable and—sooner or later—perishable.

Your comprehension of these simple concepts ensures you the highest quality of life. As much as you get to Consciousness, with deep breathing, relaxation and unconditional love, your mind and body health will be brilliant.

And your development forward and upwards shall need only the acquisition of experience and skills necessary to achieve your vision and to serve your sacred mission: building Heaven on Earth, in gratitude and peace with everyone.

Chapter 5: Levels of Awareness and Assessment

A man needs a golden rule and a scale he can refer to when things are confusing. He must apply this rule and scale to himself first. They must be applied in cases of anger and emotion as well. Truth is Universal and has no exceptions. This rule enables you to evaluate your mental activity at every moment. It enables you to evaluate where others are, and to assess any idea or statement objectively and without personalization. The scale then lets you know where you are and where the other is on the **Tower of Awareness**. You can draw a curve that evaluates your own development over time. Your awareness increases and decreases from moment to moment. Assessment is important, but beware of turning it into a judgment or a conviction. Objective assessment suffices.

The Rule is:

- Speech of unconditional Love to all is Divine.
- Hate speech is from ego.

The Scale is:

- The higher the awareness, the more inclusive is the love, the giving and the service.
- The lower the awareness, the more the selfishness, violence and the greed.

You listen to different radio stations based on the frequency you choose. Likewise is your awareness. It takes different stages, each characterized by its own frequencies. The frequencies of the scale of awareness range from the lowest of 1, to the highest, closest to the Divine frequency, of 99.

Just like you live in a ten-story building, the **Tower of Awareness** has ten floors. The first floor has frequencies from 1 to 10, the second from 11 to 20, and so on to the tenth floor having frequencies from 91 to 99. In this Tower the majority are afraid of heights. They prefer to stay close to the ground where it feels familiar and safer to be with the

crowds. They fear falling and annihilation from the upper floors. Therefore, the lower floors are the cheapest and most crowded. Climbing to higher floors requires courage, a desire to improve vision and a yearning for light and fresh air.

Low frequencies are characterized by frequent fear, hatred, anger, resentment and aggression. There is only conditional selfish love that is obsessive. While the higher frequencies, the closest to Divinity, are characterized by Absolute Love, peace and giving to all, and not for a group without others. High-end frequencies are far from personalizing things. They believe in the oneness of the Divine manifested in all, and they live to build Heaven on Earth.

From the Lowest to the Highest these Floors Are:

The First: Selfish man full of resentment towards most others: "*Myself and then the flood.*"

The Second: The gang formation full of resentment against the majority of others. Peace and cooperation exist only between members of the gang: "*My gang and then the flood.*"

The Third: Tribal affiliation, where cooperation and peace only between members of the

tribe, and the right to attack or violate others who do not belong to the tribe's agenda and belief system.

The Fourth: Affiliation to a party or a group with intellectual, political, sporting or ideological orientations, and appreciating the cooperation and peace between members of the party or group and the right to violate other groups or parties.

The Fifth: Citizenship; Appreciation of peace between the people of one country, while other countries can be friends or enemies based on their orientation.

The Sixth: Humanity; Believing in peace among all human beings. *Tolerance to all others*.

The Seventh: The Earth; Believing in peace among all beings and all the components of this Planet: water, animals, plants, energies, etc. *Accepting all*.

The Eighth: *Love for all*. And here you become a source of Light, peace and healing energy wherever you are.

The Ninth: *Serving all*. Messengers of progress and Prophets of Love and peace for all on Earth. Total presence in the Now.

The Tenth: *Cosmic Consciousness*. Insightfulness. *Divine will*.

The higher the frequency man acquires, the more he rises above hate speech and fascism. The further he stays away from violence and abuse. He transcends feelings of anger, resentment and envy. He turns away from insulting, cursing and spelling. He refrains from adopting cheap styles like bribing and rewards vs. punishment (carrot and stick). He distances himself from judging and allows only an assessment as he puts himself in the place of the other. He distinguishes between a person and the person's opinions, including himself and his own opinions. He is respectful for all humanity. His love for others becomes more inclusive without discrimination or separation. His body is harmonized with his soul, and he subjects his mind to the intelligence of Love. His presence illuminates places and situations. He becomes a living example of Heaven on Earth. He becomes a hand for the Divine on Earth, in harmony and peace with all.

Levels above the fifth floor generally live in love and are driven by positive energy. Giving, support and cooperation in the higher floors is for all and is unconditional. Levels below the fifth are generally exclusive and driven by fear, superiority and negative energies. Inhabitants of the bottom floors wish to

seize what others have built or pray for their destruction. Instead of building and rising, they find in their cultures evidence and texts they consider sacred that dehumanize the other and allow burglary, looting and the killing of others who are outside their belief system. Love and charity in the lower levels are obsessive, exclusive or conditional.

Chapter 6: The Ego

The mind is powerful and beautiful. If it feels safe, it creates and enjoys. If it adapts itself to Love, its chances of success multiply. If it cooperates with other constructive minds, they all ensure the speedy construction of Heaven on Earth.

But the mind occupies only a fraction of the mental activity of most humans. Most mental activity is generated from fear and selfishness. It builds a play in which it acts as the hero and creates a lot of opponents and enemies. **The latter is the ego.** We all suffer from the ego without exception, but to varying degrees. Exiting the ego is necessary and possible. But this requires that man opens his heart and mind to Light and Love, in free will, and to understand the mechanisms and tricks of the ego that cause suffering to oneself and others.

The ego is a separatist mental fence that isolates you from oneness. It is the shell that surrounds your soul. It is the resistance to the flow of positive energy from you, to you, and through you. Ego begins with a mental activity that turns itself into a fence through which you see yourself separated from the Universe, from Love and from others. Just like wearing a helmet around your head and a shield around your body.

The ego has a noble goal; to protect you. But whom does it protect? And from whom? And for the sake of whom?

The human brain relies on its perceived perceptions of hearing, sight, touch, smell and taste. It interprets only what is within the frequencies allowed by its senses. The senses recognize small ranges of energy spectra that science has proven to exist, and even measures and utilizes them. Does the brain see mobile phone waves, Wi-Fi, Bluetooth, X-ray, infrared, ultraviolet or microwave frequencies?

The brain knows nothing about the Absolute and sees only separate objects. It can only trust its own thinking, or the thinking of those who have programmed it, no matter how harmful such thinking

could be. It sees no energy nor Spirit. It is unaware of oneness. Oneness is outside the realm of the mind.

The ego is personal, and it personalizes all opinions and situations. It is always looking for its own interest. It is proficient in beautifying and confirming its views and beliefs. The ego becomes a mask or a persona and believes itself. It does not know about oneself, but the mask or persona it has created. Likewise, it only knows about the others only their masks and personas. The mind hates unveiling the masks because it finds nothing underneath. Instead of sanctifying the Nothing under the masks, the mind flees away afraid of annihilation.

The ego sees itself better than others, and rejoices to belong to a group that believes the Creator favors it over others, and at the expense of others to dominate them, oppress them and even exterminate them.

There are many forms and masks the ego takes. Based on sex, such as that the male is higher than the female or vice versa. Based on race, heritage, culture, skin color or language. Based on class, social status, job or qualification.

Egos form alliances that assert themselves and their superiority. These alliances create their own texts that they believe are sacred to affirm their programs and achieve their agendas.

Ego likes seclusion and secrecy to secure its vulnerable establishments. It imprisons itself and its followers behind high fences and uses firepower and any available weapons to threaten whoever comes close, and whoever leaves its establishment or discloses its secrets.

Those ego alliances often succeed and cause the elimination of many human beings by exploiting the human selfishness and unconsciousness. Ego alliances rely on the creation of intellectual fences for their communities that separate them from others. They devise reasons to suspect others and to antagonize them. And they recruit the majority of their people against any efforts of enlightenment.

The collective intellectual fences strengthen over the years, and with succession of the generations, because holiness is more easily ascribed to those who have died. Whenever the majority agrees to sanctify a

text, a place, an event, or a person, the beneficiaries compete to exaggerate sanctification and show loyalty. The scourge of mankind for thousands of years has been a result of the control of cultures and traditions by the collective ego.

One of the methods of ego, which succeeds through the generations, is to ascribe Divine superiority to itself or its dummy entities on one hand and to demonize the other or annex it to other dummy entities it considers demonic. While egos disdain, and may fight one another, all ego entities ally to fight any thought or approach that calls for true oneness and absolute equality of Mankind.

Ego also efficiently uses neurolinguistic programming to shape the cultures of the masses. It adds glimpses of holiness as adjectives to people, places or texts that it wants you to follow without scrutiny or thought. And it often uses superiority comparisons for self-elevation without real qualification. The ego judges, condemns and affixes the negative to the other and affixes the positive to itself. It often makes the other the accused and inflicts upon him the role of policeman, judge and jailer—either with a mock trial or without a trial at all.

The ego sanctifies certain people rather than sanctifying their words or actions worthy of esteem and staying away from their words and actions that are not. It attaches itself to the alleged holiness and desperately defends everything those people have done. It also sanctifies certain entities that serve the collective ego.

The ego attaches to the other charges of dishonor and excels in assassinating him morally and sometimes physically. It also strips whoever disagrees with it of his humanity. Thus, it becomes easy for those who believe in the collective ego to ridicule, wound or even kill anyone who does not share their beliefs.

Neurolinguistic programming is also used efficiently to attach opinions and beliefs to the person's identity. His views become him, and his beliefs or possessions become an integral part of who he is. Have you heard of those who kill because of disagreement with their opinions or beliefs? Have you heard of someone who had a heart attack and died when he lost his money or possessions? Have you heard of those who spend their lives defending a

story they have not witnessed, someone they have not seen, or texts of uncertain origins?

Ego uses labels and stigma in excess. Labeling and stigmatizing terms become part of the collective culture. As soon as they are affixed to the other, they generate plenty of attitudes against the other, weakening his stance and undermining his position. Therefore, many unconscious members of the collective ego rush to take the other down without any sense of shame, sin or regret.

Besides assuming superiority, ego likes to act as the victim. This gives it the opportunity to judge the other and retaliate from him. Often you find the ego's stories and myths based on these neurolinguistic programs, which become part of the collective mind, and no one dares to refute or even discuss them.

The ego prohibits everything that brings you closer to unity and spirituality such as intimacy, music, poetry, art and creativity. Ego criminalizes sex except to the minimum, and insists on supervising relationships by its authorities. While it forbids and criminalizes all the pleasures in life, it promises you

those pleasures after death if you obey its instructions without questioning.

Ego hardly honors humanity, human beings, the human body and body parts, especially the genitalia. It degrades women because they are inherently more spiritual and connected to the higher energy. It also despises all the different cultures—even those that agree with it in principle, but differ in the means.

The collective ego establishes a strict fence on its construction and methodology and does not allow discussions on humanitarian, ethical, scientific or logical grounds. It punishes those who come close to this construction by physical, or at least moral, means. It also instructs its members to play the role of police in detecting and even punishing any individuals who think outside their box. And, of course, ego depends on raising the voice rather than adopting civilized speech. It uses the media and loud speakers excessively to program and hypnotize its members.

The ego is very cunning and skilled, especially the long-term collective ego. It mastered the alliance with money, armed with security systems, the

judiciary, and lawmakers to ensure the survival of their illusory institutions and influence.

Ego does not believe in Love. It sees its own annihilation in oneness. And how not? Oneness causes the ego to lose its illusory uniqueness and dissipates its powers and dreams.

Although all these tricks of the ego are weak and exposed, they pass through the generations and with long-term programming to become an integral part of the collective thinking. It becomes very difficult to get out of that matrix. The destructive ideas often become sacred texts and turn into laws and constitutions that govern nations for centuries and millennia.

Yes, unfortunately everyone uses these methods, but to varying degrees. You find people who are more aware and sophisticated use such methods only occasionally, in cases of anger or fear. On the other hand, those who are unaware use ego methods as a way of life, and they make it their sacred discourse.

Chapter 7: Humanity between Love and Fear

The human being is born on instinct; the oneness of Love, freedom and transparency. The child loves all creatures. She moves away from the frequencies of fear. She enjoys exploring and is happy with the other who wants to play with her. She breathes deeply and enjoys enormous energy. The little one only cares for joy and freedom and then looks for happiness and approval in the eyes of her parents.

The older child learns a lot of fear speech sugarcoated with a little love. The love most societies teach their children is often conditional. The child must listen and obey to be rewarded. The opposite is followed by punishment. Ego begins to form with the growth and development of the child's cerebral cortex. His mental activity is filled from the earliest age with selfish and separatist discourse. The young one reads history and listens to the texts his family

and his environment sanctifies. He often learns that the Absolute has qualities that can only be ascribed to the ego, including speech of hate, judgment, violence and superiority.

Then he is subjected to tests that generate fear. Passing such tests is a measure of success and rightness. He learns that his obedience and acceptance of what the examiner wants him to say or do is a measure of progress.

The origin of this fear-based upbringing goes back to pre-civilization and barbarism. Then man was afraid of darkness and nature. He was prone to aggression from other creatures or from other human groups.

This fear has continued to this day in primitive cultures, under which most human beings still live. But civilizations, even the old ones, have gone beyond the discourse of fear and hatred towards building and development. Civilization stresses respect for the other, appreciation of diversity, and belonging to the homeland and to Earth. There were great civilizations that accomplished spiritual and material successes and erected majestic buildings that defy the times till the present day.

Despite the widespread culture of fear, war and hatred, many people have progressed towards Love, peace and humanity. They have made impressive advancements in all fields. Among them are philosophers, poets, scientists, engineers, doctors, healers, musicians, artists, teachers, and the enlightened. Those are the ones who founded civilization, made inventions and led all the advances accomplished by humanity. These great people are the lights of Love and His messengers on Earth. They are the Seeds of Heaven.

The Current State of Mankind

Except for the peaceful nature of most human beings among themselves and the Seeds of Heaven scattered here and there—I mean the conscious people who seek to build Heaven on Earth—human policies and the mass media form a circus of mental fences, material conflicts, bloody wars and exploitation. These conflicts have reached their peaks. The masks began to fall. It is time for them to dissipate and disintegrate. It is time for oneness; thanks to the spread of Love, awareness and spirituality. Thanks to the information revolution and

immediate communication between individuals and peoples of different nations.

Economically, capitalism dominated the Earth. It wore the masks of democracy and freedom to convince the layman. It enslaved not only the poor but the middle class, the rulers, lawmakers, hate preachers and the media. The alliance of the richest, arms makers, central banks and oil and energy industries own the media, education and major institutions throughout the Earth. They got near total domination of states, governments, and the world economy. No ruler escaped their grip unless he was killed in full view of all.

This material alliance perfected the rules of the game. By possessing the mass media and preachers of hate, it moves the masses as it wishes like puppets. People become preoccupied with issues that do not truly matter to them to keep them away from light and spirituality. It always keeps them in conflicts, controversies and false flags that enable the owners of this alliance to take full control of all human groups. In this way, the majority of people are enslaved to serve as obedient laborers, willingly, to assist the agenda of controlling the Earth, including whoever and whatever lives on her.

This alliance divided Earth into countries and states, and divided the citizens of each region into categories based on their origin, race or beliefs. It also spread the seeds of suspicion and sedition among different segments of society and between men and women. It has dominated education and its curricula to the point it dictates how a person may obtain qualifications and become licensed to practice. Only those who serve the materialist agenda that treat man as a commodity, and not as a soul and a sacred being, are allowed to hold the highest positions.

The material alliance owns the mass media and cultures directly or indirectly. It supports sectarian discourse and the teaching of history as continuous episodes of conflict. It encourages the creation of one enemy from the other so that it can control the masses.

Fear has reached its maximum. A man has become afraid of his wife, his family, neighbors and of those with different cultural heritage, race, country or gender. The controllers benefited from this. The health, life and property insurance industry

flourished. Surveillance cameras were planted. Security companies were hired to pursue them and so on. Most people under the control of fear rush to buy these products and services and hand over their lives to those security and insurance companies, unaware they are the arms of the octopus that controls human beings.

It's the smart thief who, instead of stealing from your pocket, convinces you to keep with him all of your belongings. He then gives you with the dropper to use in the directions he wants you to spend. He convinces you that, by giving him control, you are investing in a great plan that ensures your children a good future. This guarantees your silence and compliance.

Materialism left the laypeople and the poor to hate preachers and institutions. It gave the latter vast authorities, loudspeakers and mass media. They spread insults, cursing, satire and even incitement to bloody battles and violence. All in the name of the Divine. Glory to the Almighty; He is far above what they ascribe to Him.

Hate preachers and those who surrender to their rhetoric, as do terrorists, are originally kind and naive. They want to obey the Divine. But ego deceived them to the point of blindness. They believed the Divine to be the Supreme Ego. They deserve love, not war. Hate speech is not addressed by debate on the grounds of ego. It fades with the spread and respect of the speech of Love and Light no matter where it comes from. Your belief that Love speech is Divine and that hate speech always comes from ego is enough to eradicate the seeds of hatred from any society, regardless of its sources. In this there is reverence for the Truth that may not be disputed.

Chapter 8: Awakening

Awakening from the unconsciousness of ego and separatism is your ticket to the world of Love and creativity. Few realize it. Not because most people want to stay in ego, but because of the matrix or mental system adopted by many societies. Those societies think and program their members on the vocabulary of fear and separatism. To support these programs, they believe the Creator is a Thing, that He is separate from His creation, and that He uses Ego speech.

Glory to the Divine; He is far above "thingness." He is the creator of all things. He is far above ego and separatism. He is the Absolute, present and manifested in everything.

Faith lies in the depths of all creatures. Your cells, tissues and your antennas know it by heart. The only

part of you that resists faith is the helmet of the ego. Love is the very energy of existence manifested in all beings. And Love is the means of acquaintance and cooperation between everyone. It is total and holistic. Your understanding of this, and making it your lifestyle in free will, helps you surrender to the Absolute, to Love and Consciousness. In this there is gratitude to the Creator and appreciation to Him in yourself and in His creatures. The opposite of such faith deserves compassion for those who have not known the Light yet.

How to Awaken

Chances of awakening come often in your life and you feel oneness for a moment. But the separatist mental activity quickly disregards it. For example, you are so taken by the laughter of two children that your thoughts stop and you feel dazzled and relaxed as if you were one with them. Or you feel oneness with an animal interacting with his mother. Or a breeze touches your skin, and you wonder if the Divine is patting you. Or you think of someone and he calls you. Or you think about something and find it on your way, and so on.

There are also many opportunities for awakening when you love a beautiful human being and in sacred

touch. And in nature, music, poetry, fine singing, acting and psychodrama. And in dancing and the contemplation of paintings, sculpture or engaging in science and philosophy. Or in reading a book or a beautiful novel that takes you to a higher dimension. You feel oneness every time you are deeply grateful to the other, or when someone expresses deep gratitude to you, especially without words.

Despite the abundance of opportunities for awakening, most people do not wake up. This is due to the depth of ego programming and the rapid return to the separatist mental activity. Additionally, the prohibition and criminalization of love, sex, touch, art, poetry, science, philosophy—except to the minimum permitted by the priests of ego—prompt people to quickly disregard moments of oneness.

Love always tries to bring you back to His Heaven, and devotees try to help you ascend to Heaven with them. But ego doubts their intentions, accuses them and shoots them with all sorts of poisoned arrows.

Some of the lucky ones get a trauma that cracks open the shell of the ego or paralyzes it. The trauma causes them to see a Light that they have never

realized before. They begin to think in terms of Spirit and oneness. Examples include out-of-body and near-death experiences, or exposure to imminent death and the surrender of the person completely to the Creator, then surviving. Or exposure to excruciating pain or severe and chronic depression, and the person finds it inevitable but to surrender or to commit suicide. Then the Creator gives her a new birth in which she can get the ego under control. There is no doubt that you have heard about this, and it may have even happened to you.

Awakening is also gradually achieved through spiritual development, which causes the Ego to thin out and become more transparent. Hence, hundreds of thousands of individuals interested in leaving the ego visit resorts of spiritual development in all forms in the East and West. The Internet has also made it easier to follow spiritual teachers across the globe. Now there are millions of followers on YouTube and Facebook for great spiritual teachers such as Eckhart Tolle, Mooji, Wayne Dyer, Deepak Chopra, Esther Hicks and many others. This Book will help you a great deal to achieve spiritual development and realize awareness, if it is your sincere intention to do so.

In the light of Consciousness you realize security and peace from within. You listen to the silence without ears, and see tranquility without eyes. There, the ego's arguments and its phantom programs are refuted. You realize the oneness of Love with everyone without division or discrimination; where Love does not give His powers to a specific person or group, but all people have the right to ascend to be part of Him and harvest directly from His fruits.

Love does not take sides or discriminate between people. Love does not give priority to support a person and fulfill his desires, or turn hostile towards whoever antagonizes that person. Your closeness to the Divine is not by offerings, but by the sincere work to achieve renaissance for all. Love does not need defenders or warriors in His name. It’s enough for Him that people stop resisting the love and light inside and out.

Chapter 9: Enlightenment and Enlightening

To get out of the mental fence that has surrounded you from the earliest age is like getting out of dark tents. It is like freedom from the helmet and the shield. It reduces your weight and frees your movement. In freedom from fear, you find life and you feel Love.

Most human beings live under different ego entities: large tents, small tents and smaller tents. Enlightenment is to come out of the tents one by one until you rise higher than all the tents of ego to the sky of humanity and the horizons of Love. The enlightened one loves others and wishes them light. But he has to protect himself from their poisoned arrows.

As much as ego surrounds you with separatist programs, there are millions of enlightened people sending you good energies to help you awaken to Love. They wish that you join them in Heaven and the Light of Consciousness. You only need to redirect your antennas.

With your freedom from the helmet of ego and its shield you realize the absolute facts, on your own and without a mediator. You realize the holiness of the Absolute and your oneness with Him. You realize that *"Silence is the language of God. All else is poor translation"* as Rumi said. You realize that *Love does not choose His prophets, but that prophets choose Love while others choose ego.*

The enlightened is pleased to surround herself with those who are in awareness, and she finds with them love and happiness. She turns to those who look like her. If she does not find them in the real world, she resorts to books, poetry, novels, music, art or social networking sites. And she is lucky to be able to find partners or friends of this category to form an enlightened group, an Orchard of Heaven.

Enlightenment is five layers with Love at the top:

1) Love for all

2) Gratitude to all

3) Compassion for all

4) Peace with all

5) Awareness of oneness

If you cannot make love, at least make peace.

Enlightened groups must secure themselves wisely and intelligently without using the degraded methods of ego. Enlightened individuals and groups must speak and express themselves and be vivid examples of Heaven on Earth. Thus they turn from scattered candles to laser beams celebrated by the Earth and the sky.

Enlightening

Enlightening is your attempt, after getting out of the dark tents, to go back to help those you love out of the darkness. They often reject your logic and your attempts and question your intentions. If Love chooses you for this task you cannot refuse. Keep your light on while performing your holy mission.

Love will stay with you even if everyone shakes you off.

Many of the enlightened people are preoccupied with attacking egoic cultures. They do so to uncover the dark tents and help those living in darkness see the light. Others bypass controversy and engage in constructing the infrastructure for others to find it easier to manifest Heaven on Earth. Both directions are important. But to preserve your light you have to observe your own ego or you will create a new one. You have to observe the ego and develop your soul.

Chapter 10: Gratitude

Between creativity and enjoyment is gratitude to the other or praise to the Creator. This is the ideal state of the mind that allows the flow of positive energy into your body. Engage in your work with love and belief that you build Heaven on Earth. That's how you create. Enjoy all the beauty created around you by the hand of Love directly or through your fellow man.

Pay attention to the beauty and the fine details in every breeze, in every fruit, in every flower and tree, in birds and animals, in your body and the beloved. Meditate without naming things and without any mental debate about them. Meditate and you will realize oneness at the essence with all creatures. When you drive, send positive energy to the other cars and their drivers. They, as are you, are building Heaven on Earth based on their levels of awareness. Also, send positive energy to your neighbors and

colleagues, to the poor and the rich. Blessed are all of them wherever they may be. And good to you is coming with Love.

Take this state of gratitude and grow it in your heart. Appreciate all the efforts others have invested in helping you. From your parents to your loved ones, including your teachers, your lovers and all those whom you have dealt with. Even those who hurt you or you view as enemies. Each played his role based on his frequency or state of awareness at the time. Were it not for accidents, pain and hindrance on your way, your ego would not have cracked open allowing you to be where you are now.

Be grateful to your competitors and congratulate them on their successes because this demonstrates the importance of what you aspire to. And learn from them. They have great experiences.

If you discover that your idea or project has already been achieved by others, it is not because they stole your ideas, but because wonderful ideas converge in one Source. Their realization in the world of matter happens, however, to the most prepared to manifest them. There's nothing personal at all.

Infidelity is the opposite of gratitude. It is the failure to perceive Love within you because of the shell of the ego. Your sacred endeavor or "Jihad" is to meet the challenges of ego that prevent you from rising to Consciousness.

The Holy Scripture is two words encrypted in your DNA: "Love more." It is higher than language and does not need mediators to deliver them to you.

The Absolute does not sow fear in you but wants you to spread Love. The Absolute does not test your faith, stalk you or manipulate your feelings. The Absolute does not make exceptions for you or for others.

The Absolute is Love, Beauty, Light and Goodness in you and in all creatures. Your most sacred task is to rise above ego to the sky of Love and Light. From there you meet the Absolute in all creatures. Then, together, you will build Heaven on Earth.

You realize in your depths that Heaven is here on this Planet and that you and those who are like you are Her builders. And that everyone who lives his life in

Love is a guardian angel in it. This Heaven may seem hidden from the eyes of many, but it has started to blossom and is spreading; thanks to your beautiful soul and your fellow Seeds of Heaven.

Look at the lovers and their poems, music, art and creativity. Look at the scientists who made leaps for humanity. Look at the teachers who love their students and who are committed to creating a better future. Look at those who die or spend all their money to call for love and peace. You deserve to belong to this constellation that leads humanity to its transformation: from fear to Love. Make your slogan: Let us build Heaven on Earth, together in love and harmony.

The world has become one village and its parts cannot be intellectually isolated. Great builders of Heaven are installing the infrastructure. They are preparing for the transformation of humanity into Consciousness. Albeit unnoticed by most, at least a thousand Christs and a million Buddhas are living and working on Earth now.

Chapter 11: Life Coaching

Where are you now?

Where do you yearn to be?

Can you assess your level of awareness and the awareness of others based on their words and actions?

Can you evaluate any dialogue you hear? Can you estimate who is more aware and who is less?

If you are one of those who are trying to promote themselves to participate positively in achieving the Divine will to create Heaven on Earth, welcome to the constellation of lightworkers, scientists, lovers and all creators. Here you find the builders of Heaven smart, wise and conscious. They move in majesty and grace in the light of Love. They dedicate their thoughts, actions and relationships to serve Love.

You are not Your Opinion nor are You the Story

Your opinion is born out of your mental activity. It varies from day to day. Despite the difference of your opinion from one circumstance to another, you remain the same human being. Likewise, you are not the story you tell about yourself or others tell about you. That story is only for a role you play. You play the character of the heroine or hero of your story. Someone may lose her memory or identity. She still remains the same human being. Your mental activity, the source of your opinions, often thinks it is separate and is preoccupied with the past, the future and its own narrow narrative. But you are part of the Being that belongs to Consciousness. Your soul is not influenced by opinions or by the Play.

Delusional is the one who derives his identity from his opinions and beliefs. And deceived is the one who wastes his precious time on Earth to defend his opinions or to fight the other who has a contrary opinion or cultural heritage. And smart is the one who rises above the differences of opinion and sees the common space with the other, and who saves her efforts for what is worthy of them.

Civilized people and aware cultures distinguish between a person and his opinion. They give ample space for freedom of opinion and self-expression. People in low frequencies and fascist cultures often punish others if they have different opinions or if they do not believe their Story.

Your best chance of penetrating the forests of ego is to believe in Nothing. It is the One and is the Truth. Attach to no story. Take no sides in any conflict. Rise above arguments, and simply assist the higher frequency!

There is Nothing Personal in Your Life

Everything that happens in your life is impersonal. It is a natural response to the frequency you assume at the time of the event. When you live in high frequencies, you get high roles and situations. You also meet beautiful people who enjoy the higher floors on the Tower of Awareness. The opposite is true when you attach to low frequencies of fear. The natural response in the latter is suffering and perhaps disease.

The Universe does not treat you as a person. He treats you as a transmitter of frequency. You are free to choose which frequency to adopt. The Universe does not discriminate between people or favors one group over another. Your radiance with Love and light makes you attractive to those seeking Love and light in the Universe. Your radiation of fear frequencies attracts predators to you.

Your state of awareness affects not only your vision but also the situation. Quantum physics has proven this. The movement of an electron depends on the level from which it is monitored. Naturally, a Universe built on oneness must be interactive. If your awareness is in the green frequencies, as if you are wearing green glasses, all you see is green. And even things wear green for you.

Positive feelings are the same as well. Whoever you Love shall Love you back. And whoever you feel grateful to will be happy to be with you, especially if his awareness is in a frequency close to yours. How beautiful this is! You only need to Love to get Love. And you only have to adopt high frequencies to manifest Heaven in you and around you.

Pay Attention to the Essence

Your interest in the essence is the cornerstone of your success. Everything, every object, every subject, every situation has an essence upon which it is built. If you are interested in a building, understand the blueprint of its design. Then you can easily guess the rest of the data and solve problems very effectively.

Ask for everything from the Nothing. Do not attach to expecting things from certain people, no matter how close to you they are. Follow your heart and save your mind for creativity and problem solving. Express your soul and your beauty. Tell those whom you love that you love them. Invite your beloveds to your heaven. Then give them freedom to reciprocate or not. Rise above blame and negativity.

Look from above and around the topic to achieve a holistic vision. Spend time and effort in researching and studying subjects that interest you, and do so professionally.

Start with Your Self

Whenever you have a project, start with your Self, the higher one; with your own being from where you are, here and now. Care not about how and from where you came to here and now unless you need them. Depend on your Self for as long as possible. The Universe will help you after you start and proceed diligently and with self-reliance.

Be positive and stay close, at any cost, to those who generate positive energy in you. Depart in peace those who generate in you negative energies and wish them well. No need to feel guilty. Your main responsibility is toward yourself and to light up from within. Your responsibility towards others is to be a transparent lamp that illuminates the way for all.

Face your fears head on instead of keeping them in the background. Imagine the worst has happened and you managed to survive thereafter.

Do not play the role of the victim. Take responsibility for what happened in the past and seek excuses for those who wronged you. A clash between two people can only take place if both are in the ego.

Rise to Consciousness at the time of disagreement or leave the scene, at least temporarily.

Use your soul. Make her go ahead of you to anywhere and to any situation. Open your chest and heart as if you embrace the world. Stay in awareness. Monitor your thoughts and energy and observe their interactions with the ideas and energies of others. Rise above all minors, whether in the words, deeds and thoughts. Remember that a drop of dirt contaminates a gallon of milk. And that one sentence of hate makes you lose those for whom you did a lot of good.

Make tranquility and stillness your home. After any mental or physical activity, return to tranquility and stillness. Make the latter your home. Overcome your attachment to materiality and to people, especially the materialists. Make your attachment to Love, to what is right, to goodness and beauty, regardless of their source. Disassemble wisely and peacefully your relationships that hinder you from being connected to the Absolute.

Simplify the complex. Simplicity is the language of Love. Complexity is the language of the ego.

Be intimate. Heaven is full of love, warmth and mutual enjoyment in safety and holiness. Unleash your imagination and your energy to love without limits. Intimacy breeds heaven in you and in your beloved.

Keep your target in sight. Visualize it pure and brilliant as if has been achieved. Bring in yourself the feelings of success, as if you have come to realize your dream. Help others to see the beauty of your dream and to believe in it.

Indulge with your whole being in your project. Success and money will come later, well-deserved. Take advice only from the ones who are in higher frequencies and from whom you look up to.

Love all. Admire those who are in your frequency or higher. Approach them and stay close, at least in spirit.

Love your body and tame your mind. Maintain your body primarily with air, water and vegetables. Movement is a blessing. Spend time in nature where

your body is connected to the Earth and your Consciousness is in the sky.

Steer away from debate. Don't get involved in conflicts. Don't try to change anyone. Just be an example of Love and light. Collaborate with those who share your goal.

Chapter 12: The Secret of Success

The secret of my success does not fascinate the mind. The mind likes excitement, complexity and an acknowledgment of its specialness. I have succeeded, thanks to Love, to an extent that my mind never imagined and my dreams never reached. Love helped me to come out of the helmet and shield of ego. So, I penetrated the forests of poverty, pain and suffering. In the language of the mind, I am a very lucky person.

I grew up as a poor child in the town of Shirbeen in the Delta of Egypt. My father was an elementary school teacher. My mother was a housewife who did not read or write. My mother, in the powerful simplicity of country women, planted in me the hope of being a doctor. She stated that prior to her marriage, she had visited a clairvoyant in the company of her stepmother. The reason for the visit was for the wife of my grandfather. That clairvoyant, however, called upon my mother and wanted to tell

her things. My mother stated that everything that man had told her happened verbatim afterwards. And among his predictions was that one of her sons would achieve global success.

I was, at this stage, the most distinguished student in my city and the most famous. I was the first to achieve a top rank at the level of my governorate in the final exam for primary education. The same top rank was attained in the final exam to complete preparatory education. I joined the High School for Valedictorians in Cairo. I was fortunate to join that dormitory school to which the Egyptian government paid special attention to develop promising students. At this stage, I believed that the prophecy of the fortune-teller belonged to me. There was plenty of evidence supporting a trend for academic excellence on my part.

I cannot take credit for being a distinguished student. I honestly never studied harder than average. I was just curious and enjoyed learning and answering challenging questions. Additionally, my father taught me good handwriting skills. My first teacher in elementary school, Mr. Abdel Hameed El-Ganayny, believed in me and made me believe in myself for

life. He taught me how to make my notebooks neat and organized.

I enjoyed waking up early and going to the market to purchase what I knew my mother would want for the day. To praise me for any good deed, my mother often prayed: "May God make His creatures, even the dust you walk on, love you wherever you go, Kamal."

I received a deep inner belief that the Divine loves me and that He makes people love me. So I loved them all. I loved my teachers to the point that I bow to their memory and my eyes flow with tears if I learn of the passing of any of them. I excelled again in my high school diploma, and joined the Medical School of Cairo University. I graduated with honors even though I was not a son of a professor, a great official or a rich man.

I was appointed as a teaching assistant at the Faculty of Medicine in El-Minia, Egypt. This enabled me to conduct scientific research. In addition, I had outstanding supervision by a great scientist who was the head of the department of physiology at the time, Dr. Ibrahim Yahia. I completed a master's degree with excellent grades and immediately

engaged in my doctorate. Soon thereafter I was a guest researcher at the National Institutes of Health (NIH) in the United States.

In one year, 1997, I had a car accident, followed by severe pain for many years, two spinal surgeries and a lot of suffering and depression. I had to quit my job a few months later and sacrificed what I had accomplished on my research. My wife spent a large sum of money on her credit card to support me. We didn't know how or when we would pay off that money. I became jobless and indebted. I lost hope!

Within a few months, I met Esther, a professor at NIH at the Library of the NIH Clinical Center in Bethesda, Maryland. Esther knew me and my supervisor, Julio, a chief editor and a professor. She, Julio, and many others reported to Phil, our Branch Chief at NIH at the time.

Esther seemed excited to meet me. She said, "Where have you been? Phil (our senior supervisor) *has been looking for you and we could not find a way to reach you."*

When I left my NIH position, I decided to forget about research and to pursue certification by the Educational Commission for Foreign Medical Graduates (ECFMG), which would allow me to practice medicine in the USA. In the meantime I was looking for any source of income, even as a medical archive employee or a nurse assistant, but without success.

"Phil is looking for me?" I said.

Phil was the name I came across most in references during my master and doctoral dissertations. He was a top scientist who conducted the finest research on stress and depression and their effects on various body systems. His talks, research efforts and evidence contributed greatly to removing the stigma of mental illness and dealing with it as any organic disease in the United States and the world. He was a member of the Library of Congress and one of the greatest scientists in the fields of endocrinology, psychiatry and neuroscience worldwide. I worked with his subordinate, Julio, for a little over one year. During that time, I did not have any one-on-one meetings with Phil. I was very happy to simply pass by him. It made my day if he saw me and smiled, as he usually did when his eyes met anyone. I was fascinated by his science and his personality; and loved to attend his

lectures and staff meetings. I honestly did not think he knew my name personally. He had dozens of staff members on his teams.

"Yes," said Esther. "He seems to have an important research project and is thinking of assigning it to you."

"Yes. Of course I am honored. I would love to meet Phil!"

I felt my mouth move as I said that but my mind was racing. *How come?* There are many contenders for any fellowship at NIH. It is the paradise for researchers from all over the world. The contenders are graduates of the world's greatest universities. I've been honored to work there for many months only as a guest researcher with minimal income. Moreover, I did not apply for a fellowship or an appointment there while others did, along with many letters of recommendation from their distinguished professors.

I discovered later that my supervisor, Julio, and our boss Phil knew much about me. Julio's wife, Mali, worked with me in the research laboratories on numerous occasions. I respected her diligence despite our professional differences. She was

pregnant and worked hard, even in the later months of the pregnancy, and when she was sick. I offered to cover her for some experiments that required staying late at night or going in very early in the morning, freeing her up because she was pregnant and also caring for another young daughter at the time. But she usually came during these difficult times in the harsh winter and often she was surprised by the amount of research accomplishment and accuracy of data collection. I learned later that she shared with her husband and with Phil much of what went on in the labs.

Shortly after working as a principal investigator under the direct supervision of Phil, I became his friend and the place of his trust. I was his companion and his right hand in many forums and conferences. I enjoyed working so much that I was distracted from the pain of my cervical disc degeneration for years. I often went home only to sleep or do important chores. I learned lots and lots from my colleagues and my seniors. I could not believe I was the only one of Phil's staff to be invited to his home for dinner with family on special occasions. When his daughter joined the Institute as a junior intern, he made her work under my supervision. When the daughter of a cardiology professor at Harvard joined our institute

as a doctoral fellow, he appointed her to work on my team.

All my impossible wishes were becoming fulfilled one after the other. I recall the first time I attended the Endocrine Society annual meeting in 1998, the most important and finest global conference in the field of endocrinology. At the time, I saw Stefan, an assistant professor visiting from the Max Planck Institute in Germany who was mentored by Esther, giving an oral presentation in the Meeting. I thought what if one day I could be like Stefan and give a lecture in this prestigious Meeting before the scientists from all over the world?

At the Endocrine Society Meeting in 1999, I was not only like Stefan, giving a short lecture, but I presented three papers as short lectures and all three won publication in the press release of the Meeting. One of them won the prestigious Merck Senior Fellow Award for research excellence. I found myself shaking hands with the greatest endocrinologists on Earth and having dinner with them. This whole scenario was repeated again in the Meeting of 2000. Additionally, I received the Anxiety Disorders Association of America Award in the same year. Thus

I became one of those whom I had looked up to for years.

I published my research, including most of the experiments in my two doctorates in esteemed scientific conferences and periodicals. I authored many chapters in important books and references. I completed certification by the ECFMG. I was awarded the Fellowship from the American College of Endocrinology and got the license to practice medicine in New York. My research on the impact of stress on humans was discussed in all major scientific forums and in prestigious journals. I was promoted to head a unit at NIH. Then I moved to a permanent tenure as a medical officer at the U.S. Food and Drug Administration. Within a few years, I was promoted to a senior medical officer before turning 40 years' old.

My life transformed from that of a poor Egyptian child to that of a respected professor and a distinguished American doctor, with plenty of status privileges. And I still smile whenever I remember the days when I was a student in Cairo and I admired modern cars passing by, and wondered whether one day I would ride in a car like those!

All these achievements and successes happened while I was in a jungle of physical and psychological pain. My cervical vertebrae degenerated extensively and I needed two surgeries in 2000 and 2005 to rescue my spinal cord. My mind never understood how I penetrated those jungles and remained alive, apart from success and achievement.

After arriving at the top of the career ladder for scientists in the United States, I followed the advice of my medical doctors and decided to retire. This was like professional suicide and the loss of most of my income, but I did not hesitate. Silence was advising me, and as usual I responded.

My decision to retire was the hardest decision I've had to make in my life. But it opened to me a new world to discover; that of healing and spiritual development. It gave me the time to look at the essence of the human being and mankind. And it allowed me to gain plenty of knowledge, experience and skills in important fields that are not taught in medical schools and are not discussed in scientific journals.

I entered this field after the age of forty, and wish I had discovered it earlier. It is where the gems and diamonds are. It gave me a new life full of love and creativity. My physical limitations continue until this day but my suffering due to pain diminished significantly and my awareness rose to levels I never imagined possible. The death of my beloved brother who was only two years older than me in 2019 prompted me to write this Book. It summarizes what I learned in the world of spiritual development. I have been sharing these teachings for free with people in the United States and Egypt for the last ten years. The results have been astonishing.

The secret of my success is not my mental activity. The secret is **Love and believing**, which led me to **love all**, with all the meaning of these two words. Somehow my mother's prayer that "all creatures love me" made me feel safe to open the door to "love impersonal." I do not know if the clairvoyant who predicted that one of my mother's sons would achieve global success was a person or an inner knowing. But it certainly caused me to "believe." Most of my teachers and mentors kept solidifying this belief. I'm not sure if I believed in them first or vice versa.

Do not mind those who consider unconditional love naive. Love all, even if some of them hurt you. Love what you do. The love of work and science is to engage in, and to be fully present in, any task or topic you are studying. In this way, you approach oneness with what you work on or study: You give it from your soul; and its essence seeps into your energy field.

Remember to take off your ego and leave it at the door of the Temple.

The Divine Does not Do Things for You. She Gets Things Done by You.

I often get this message from the Silence. It frees me from the personhood and the attachments of the mind. When I remember that I am simply an instrument of the Divine, the magic is unleashed. The hindrances to creation and manifestation, to weaving the threads of energy into form, fall away.

Listen to the energy. Let it lead you and never resist Love. Ask your soul. Follow your heart. Move forward and upwards bravely and with certainty even if your mind or the mind of those around you objects.

Pay attention to the synchronicities, messages and evidence that the Universe puts in your way. They are not trivial.

Chapter 13: The Human Being

"Beauty is eternity gazing at itself in a mirror. But you are eternity and you are the mirror."

~ Khalil Gibran, *The Prophet*

The Divine created man in Her form: in high stature, wonderful and beautiful. His hands were freed to work and to move the fields of energy, and to embrace the other and life. She made the human's heart facing the world to radiate love and to receive it. She removed most of the body's hair to show the beauty of the human skin. She made the chest and breasts stand in grace. She made available to the abdomen and pelvis the feeling of life's energy and to participate in cuddling and love making.

The Divine showed the masculinity of men and the femininity of women. She enriched the body's skin with a variety of sensations and made them more

abundant on the front of the body, hands, feet and face. She gave the lips and sexual areas special attention with nerve and energy distributions to ensure that lovers generate heaven during their intimate relationships.

She made the energy centers of the human body (chakras) stand upright to channel energy between Earth and the Sky while awake. And She created many channels of communication (meridians) in the limbs and the body. On top of all, She made the head high with capacity to attain Consciousness and Divine will. And She made automatic most of the bodily functions such as breathing, heart-beating, digestion, growth and metabolism. You do not need to consume your thinking to perform the basic functions of life.

The Divine has liberated your mind from being consumed in the work of the body. She freed you to create, move, visualize and increase your enjoyment. She is giving you all of that you need to build Heaven on Earth, with your conscious will, in collaboration with your fellow man.

Man is originally good and beautiful; pure and simple. This is your instinct and your Divine nature. And when you deal with the other, start from this assumption. Then assess his level of awareness, not to judge it, but to choose the best means of cooperation if possible.

A conscious human is like a giraffe with her head high in the sky, and her feet on the ground. But the human is erect, tall and aligned with cosmic energies. As awareness rises above thoughts, the human being becomes a master of her mind. As she transcends the thoughts of others and the collective ego, she realizes a holistic view from a supreme place. The difference between the unconscious and the conscious is like the difference between the person walking in a crowded field full of noise, confusion and deafening speakers. On the other hand, the one who is conscious sees the field and the surrounding roads like a flight passenger wearing high-resolution lenses. The conscious can locate her position on the map and can assess her direction and height. She can also monitor the masses on the ground. But she is not on a plane: She is grounded like a giraffe whose head is up high and her feet and sensations alive on Earth.

In Consciousness, Your Will is Aligned with the Divine

With the height of your head and its connection to cosmic energies, and the opening of your heart and body to the energies surrounding you, and communicating with Earth, your awareness becomes part of the cosmic Consciousness. Your love becomes part of the one Love. And your energy becomes part, and in the service, of the Divine light. Because of your rising above selfishness and ego; because your mind is not crowded with unconstructive ideas; and because your body is not clogged with negative energies, your will is generated on a pure background—in alignment with the Universal Consciousness. Thus, the Universe responds immediately and your will begins to manifest in the world of form.

But the manifestation of your will aligned with the Divine occurs impersonally. It does not have to happen to you, by you or through you. Manifestation takes place through the ones who are most ready to take on a given mission. And to those who have abandoned the conditionality and the ego. And by the ones who have acquired the qualities of the Almighty.

Chapter 14: From Biological Sciences to Energy Healing

"If you want to understand the Universe, think in terms of energy, frequencies and vibrations. If you want to find its secrets, focus on the non-physical."

~ Nikola Tesla

In truth, you are a constellation of energy waves. What you see in the physical world is only the tips of icebergs. The bodies of all icebergs are connected underwater. But when you look at them from atop, you see them as separate.

Like the Big Bang of the Universe, the colossal energy resulting from the consummation of the feminine and the masculine created your body from almost nothing. The fusion of a sperm and an egg, by the power of Love, into one cell generated the miracle of

you. That one cell, the fertilized ovum, divided with great speed and attached to your mother's womb where it found warmth and incubation. With birth, your soul is activated by the first breath. Throughout your journey on Earth, the Divine breathes through your body. She continually charges you with life and surrounds you with Love.

Then, with the growth of the helmet and shield of the ego, people often live their lives from a physical point of view. They believe to be separate from others, from the Universe and from the Absolute. They forget the soul and the energy waves in and around them. They fail to notice the ocean from which they emanate and into which they grow.

Ego feels intimidated by the Nothing and resists Love. When people live under the control of ego, intellectual suffering is inevitable. If the latter persists, it materializes into organic disease. Organic disease furthers intellectual suffering until the body and the brain are consumed. When the body and mind stop working, the soul returns to the Nothing. There everyone sees his journey for what it really was.

Your body exceeds in abilities the smart phone you carry. Your brain is like the processor of the smart phone. Then an operating system, such as Apple or Android, is loaded. Community beliefs are like the operating system. They dictate how to work and how to think. Most people cannot imagine having a world outside their own applications and operating system. It is in the interest of software makers to take full control of their phones. Otherwise they would miss out on millions of benefits.

But your body can process many forms of energy. Its capabilities exceed the smart phone which utilizes different energy forms such as Wi-Fi, Bluetooth, infrared, 4G, 3G and others. When connected to such invisible energies, you can update your operating system and apps whenever you want. Any update is done by opening your wireless channels and choosing a new operating system or at least good and useful applications. This is the way to exit the helmet of ego to the light of Consciousness. It is also the way to share "knowing" with the aware who are close to you.

Your body works at its best when it serves as a good conductor between the energies of Heaven and Earth. There are seven levels of energy centers called

chakras, arranged in the colors of the visible spectrum of light. Each has its own frequency that it radiates, communicates and utilizes.

Those who rise to Consciousness are depicted to have a halo of light around their head, the crown chakra. The Earth's energy moves spirally upwards from the ground to the root chakra, sacral plexus, solar plexus, the heart, the throat, the third eye, the crown, and seeps into the Sky. And the Heaven's energy moves spirally downwards to the crown, the third eye, the throat, the heart, the solar plexus, sacral plexus to the root chakra before it leaks to the Earth. This is symbolized in ancient civilizations by two intertwining snakes, the symbol of medicine and healing until this day.

Kundalini is known in yoga to be these two intertwining snakes. A man who embraces the movement of the energies of Heaven and Earth through his body is known as a Yogi. A woman who does the same is known as a Yogini. Yoginis, yogis and those in whom the energies of Earth and Heaven meet have enormous energies of peace and creativity. On the other hand, no wonder that many ego entities instruct their members, especially women, to cover their chakras, particularly the crown.

The science of acupuncture, inherited from ancient Chinese medicine, is based on energy pathways. The energy channels are called meridians, and they spread between the limbs, the torso and head representing the organs and functions of the body. And there is reflexology, an ancient Egyptian science, in which distinctive points that represent different body parts exist on the feet, the hands and the ears.

Several frequencies also affect body functions, whether from music, colors, aromas or other spectra. Electromagnetic waves and cosmic waves affect the body as well. An example is the incidence of premature births during hurricanes. Essential oils have charming frequencies to suit certain functions and organs in the body and help to alleviate a lot of suffering and give a sense of comfort and recovery.

Sacred practices, such as massage and reiki, can be traced back to the ancient Egyptian civilization. In these practices, the therapist facilitates the communication of healing energy and the removal of negativity from the patient's body using her communication with the field of Consciousness, and her body as an energy conductor. This is performed

along with movements that rub and compress the skin, tissues, muscles and joints during the session to relieve pain and suffering and help the body of the recipient attain the best status to heal.

Many tissues of the human body radiate energies over distances, some short-term and some long-range. The evidence for this is plenty, such as spiritual and intellectual communication, and the ability of someone to sense what happens to someone they love who is thousands of miles away. Scientists have also been able to measure the field of heart electricity which extends for many feet in all directions.

The body has energy portals that may be used by healers to facilitate the patient's recovery. These energy gates can be conceived as openings in the cochlea formed by the ego. Passing through the portals allows access to the soul.

With spiritual development, man begins to realize his own abilities that he did not recognize before, such as communicating with the other, with the surrounding environment, with nature and with the Universe. In doing so, he reaches elevated states of

joy and awareness; and is then able to acquire information from other invisible dimensions.

Chapter 15: How Does the Universe Work?

The Universe is your mirror and the mirror of others if you look at it from a human perspective. From an awareness perspective, all creatures are interactive drones that bring their experiences wirelessly to the one Consciousness. In the case of humans, each person is free to choose her own frequencies.

The Divine takes all these experiences and information and assimilates them. Accordingly, She allocates positions and roles for all frequencies. Everyone, based on the frequency he chose, must assume the position and role decided by Consciousness.

The Universe is your mirror that reflects the outcome of your mental activity. This is proven in quantum physics. If your mind is in chaos and disorganized, you see everything around you in chaos. If you believe in Truth, goodness and beauty, they will manifest in your daily life. If you see yourself as a master, the world will come to you to lead. If you believe yourself to be a slave, a master will show up to command you.

For example, if you live on the third floor on the Tower of Awareness, where the 21 to 30 frequency holders live, you direct your antenna to the mobile tower with frequencies from 21 to 30, and put yourself under its control. You become like someone carrying a radio device that operates exclusively on these frequencies.

There you see yourself as a member of a tribe and you get all the evidence needed to assure you of the benefits of cooperation and peace exclusively between the members of the tribe; and the dangers of assuming good faith with others. You find hundreds of stories and sacred texts agreed upon by the tribe for centuries that confirm your right to attack others who have a contrary belief system.

Man has the freedom only to choose his frequency at every moment and in every situation. All else is predetermined. For example, let's say you are a teenager who likes your classmate and wants to share kisses with them. It is predetermined that the exchange of kisses in romantic places is fine. The exchange of kisses in places of suspicion is punishable. If you are in a high frequency you find yourself going to the gardens to pick her up a rose and your girl falls happily in your hugs and you share a kiss. There at the garden the teacher of art or music sees the situation. She gently tells you: "Please go back to your lessons so you can build a nice future together."

On the other hand, if you were in the frequency of sin, you sneak into the bathroom or a low-light room and behave in a suspicious way that radiates fear. Before you get to the moment of enjoyment, the security official who patrols such places or monitors with his cameras grabs you and sends you to the office to call your parents.

The Universe does not discriminate between you and the young couple who assumed a different

frequency. The Universe loves you all, but it teaches you experientially that the higher frequencies are better for you and for everyone.

The Universe has no problem with holders of low frequencies, and does not punish them. But He allows them and their frequencies to punish each other. He uses them in many of the tasks that mankind still needs to evolve to a higher state of consciousness.

Love enjoys your enjoyment and to manifest in you to the extent that you recognize Him and raise your frequencies to realize Him. In the case of low frequencies, your connection to Him, if any, is like a faint beam. In the case of higher frequencies, the beam connecting you to Love is strong and uses multiple spectra. Thus your will is conveyed to the Universe and the will of the Universe can manifest through you.

When you are overwhelmed by mental activity regarding the past, judging others, or worrying about the future, your will is confused and weak. This is because the bulk of your mental activity has been consumed in the non-conscious. Just like drawing a picture in green on a background teeming with other

colors. The Universe does not delay in responding to what was painted. But it responds to all the components of the image—its green, red and other colors. So your fears and doubts are manifested, along with your will, to the degree of its clarity and strength. In the latter example, the result of the confused will is like engraving on water.

In the case of Consciousness, your mind is free from the confusion of the past and the future. It is also not hindered by the negative frequencies of fear, resentment and judgment. You are fully present in the Now with all of your being. You are not exhausted nor bled. Your will is clear and strong. You are in agreement with Love Himself that is always in the Now, where power, creativity and joy are. Love responds more strongly to those who are in closer resemblance to Him. The image you draw will be clearly colored on a pure background. The Universe will implement your will in high definition, like a laser engraving upon the rocks.

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Chapter 16: Spiritual Development

Your soul is the source of development for your body and mind. You are the soul first, the body second and the mind third. As your soul expands, the ego thins out and Light shines through your body. This is the first step in spiritual development, which is the opposite of the view of the ego. This rule guarantees your penetration of the ego systems and your success in building Heaven on Earth.

When your consciousness is in the world of Spirit, you are in the higher sphere. You are with the one intelligence in absolute security. There, your mental activity cannot capture or enslave you. Because in the state of Consciousness, you are aware and in control of the mind activity and the ego.

The body is the house of the soul during her life cycle on Earth. And Spirit is as near to you as one

conscious breath you take with gratitude for the energy of life in you. But ego does its best to control the body and put it in a state of constriction and stress. In the absence of Consciousness, the body gives itself up to the ego to secure it. This is similar to the people of a nation surrendering themselves to a dictatorship. But any security that comes to you through the ego is fake, temporary and too expensive.

Your soul is your gateway to security and safety from the Creator Himself. And your body's connection with your soul provides it with relaxation, tranquility and stillness. When you are in the state of Consciousness, you dominate your mental activity, and the latter does not show ego. Then you pose no threat nor do you provoke the other. And your soul is the maker of peace and harmony with the circumstances and with others.

This peaceful and aware perspective is only the beginning of building Heaven from within. Then it is easy to treat your loved ones as souls first, bodies second and as minds third, to embrace Heaven as a safe, happy and prosperous society.

There are different methods of spiritual development. All are elevators that lift you up to the higher floors. Your preference for one over another is due to your own nature, which is the Divine signature over your body. Practices of spiritual development include meditation, prayers, breathing, yoga, massage, reiki, qi-gong, essential oils, sanctification of the beloved and others.

A simple example of spiritual development that I find useful for many of my patients is deep breathing. When deep breathing becomes a physical habit and a lifestyle, it protects you from obesity, depression, anxiety and heart disease. When a patient comes to me and I find her blood pressure high, I ask her to relax and breathe deeply for less than one minute. Then I re-measure her blood pressure. It often drops considerably and in a clinically significant manner by 20 degrees or more!

I also discovered that deep breathing in the different positions of the Muslim prayers and yoga poses—standing, sitting, kneeling and prostration—at different times of the day, protects the worshipers and yoga practitioners from many chronic diseases and gives them peace and tranquility on the biological and mental levels.

Spiritual development requires the mental openness for oneness and a healthy diet and lifestyle. It also needs experiential courses in which the student indulges his soul first with minimal mental activity. That is why spiritual development is often taught in ashrams and special resorts like Yogaville in Virginia, Esalen in California, and Omega in New York. These resorts are visited by serious seekers and significant people from all over the world. There they listen to Eckhart Tolle, Esther Hicks, Wayne Dyer, Deepak Chopra, and quotes of Rumi, Gibran and others. These resorts have begun to spread all over the world.

The intention behind this Book is to spread the culture of spiritual development to everyone, not just to the elite or the rich. The majority do not have the resources to go to spiritual resorts. But it will induce a spark only in the ones who listen to Spirit. Ego rejects spiritual development and everything related to it.

Spiritual development respects all faiths that bring man closer to the Creator and to oneness. It avoids controversy with ego-based cultures. In the achievement of spiritual development, the devotee

should keep the Creator higher than all of the ego's low frequencies. Then he has to transcend his own ego in his daily transactions.

Gradually you realize the Truth and Spirit directly. It is the energy of Love and life in you. It is your conscious being; which is an integral part of the Divine. In this you see things clearly and from a higher place. You can relate well to yourself, others, society and the Earth.

Chapter 17: Healing from the Diseases of the Age

I was injured in a car accident thirteen months after I arrived in the United States. I remained under traditional treatment for more than ten years. This included neurosurgery on the neck vertebrae from the fourth to the sixth three years after the accident. The plate and screws installed in the surgery failed shortly thereafter. I needed an extensive orthopedic surgery five years after the first one. This time the repair extended from the second to the seventh cervical vertebrae. Additionally, I had many monthly visits to the internist, the pain specialist, the psychiatrist and physical therapist.

For at least three years I wore a neck brace most of the time except when I met with people who didn't work on my team. I couldn't keep my head erect for one hour or else I would succumb in pain. I often lied

down on the floor in my office or at the airports from excessive pain.

I was in the fourth decade of life and suffering from severe pain, depression, anxiety, hypertension, cervical spondylosis and extensive surgical repair of the neck vertebrae. I used to take regular amounts of narcotics, recommended by the pain doctor and orthopedic surgeon, enough to numb an injured horse. This was in addition to consuming plenty of drugs for depression, anxiety, CNS dysfunction, insomnia, stomach ulcer and hypertension.

All these diseases coincided with my impressive success in the field of biomedical and clinical research. I was the embodiment of my specialty, the destructive effect of stress on the human body. The treatments I got were the best that traditional medicine could offer in the United States. I had good health insurance, worked at a prestigious place and went to some of the best doctors and hospitals.

In August 2006, my mother was diagnosed with metastatic lung cancer. She had been widowed for twenty years as she stated the clairvoyant correctly predicted fifty years prior. She told me that he had

also predicted that her son who would achieve global success, will endure enormous suffering, but he will eventually come out of it. The last prediction was that she would die in a foreign land. She was so attached to her homeland that she purchased a humble burial spot in her village.

Because of my professional connections in the medical field and the fact that all doctors in Egypt said that they could not do anything significant to save her at that point, I insisted that she got transferred to the United States, hoping to conduct detailed diagnostic tests and come up with a less deadly diagnosis. Trusting me as always, she accepted and flew over. We did everything the most advanced hospitals could offer at the time, but neither the diagnosis nor the prognosis changed.

The last time I drove her back from Georgetown University Hospital to my house, I asked her if she wants to know the final diagnosis and she said, "What for?" Then I asked if she passes whether she wants us to transfer the body to Egypt, and she said, "What is the point?"

A few days later, my brothers and I celebrated her birthday for the first time at age seventy-two. Two days later she gave me her belongings, photos, jewelry and the money left in her account with instructions of who gets what. She was very peaceful and insightful. Her prayer to maintain her integrity, and that she would not need any personal assistance to the last breath was fulfilled.

She and I knew it was coming the following day. I left work early that day and cuddled with her for the last few hours of her life.

Her service and funeral from the Muslim Community Center of Maryland was attended by many angelic people, most of whom we did not previously know. People in my hometown had an additional service for her. Many telegrams of condolences and tributes came through from the Egyptian President and top officials. Her death was ceremonial. She was buried in a beautiful spot at Maryland National Cemetery, far away from her homeland!

I started to look at things differently throughout and after my mother's transition. I was still in significant pains and the prescription drugs I had to take caused

me to fall asleep while driving on numerous occasions. My life transformation started after my mother's death, I discovered a great massage therapist and an acupuncture physician from China. I started to feel better. But somehow I did not prioritize these "alternative" treatments. I also hesitated to pay out of pocket for such "unproven" modalities while my health insurance covered much of my medical visits and drugs.

Then I attended a week-long conference of the American Association of Sexuality Educators, Counselors and Therapists in Virginia. At the time I was a distinguished scientist who attended conferences as a lecturer or a professor. This was an exception: For the first time in years I attended as a student. Attendees were of different ages and backgrounds. There were sex therapists and counselors, media professionals, psychologists, sociologists, "lightworkers," "coaches," and others. The conference was full of interactive workshops based on transparency and honesty as they relate to sex, a central area of the human being that is usually ignored in medical schools. I learned much and shared much during that unforgettable week. The format of the conference was genius, totally outside of the box. There was no practice of sex among the attendees! At the conclusion of the conference we

stood in a big circle and every attendee expressed gratitude to the one or ones who mostly touched her heart. That circle extended for hours under the sun in August. Many of the attendees expressed love and gratitude to me with tears in their eyes. This was the first time I realized that Heaven could exist here on Earth.

I went on to study human sexuality professionally and attended many conferences and meetings. I also attended many other "out of the box" and spiritual retreats and workshops, such as the Human Awareness Institute and Cuddle Party Facilitators. I discovered that by facing the unknown, Spirit shines in my life and I heal. In all of those meetings, retreats and conferences, most colleagues were great teachers. The common theme was oneness. At the conclusion of most of them, tears washed and cleansed many of the attendees.

Spirit started to be a central theme in my life. I first noticed Spirit when I was twelve years old, one day in Ramadan when I was retreating in the mosque. I became overwhelmed by a feeling of Love and serenity. A message in Silence told me that I would always be embraced by the Divine. The second witness was in 1997 during the car accident that

caused my aforementioned health problems. During the accident it was like I was watching from another dimension, then I returned to my body to continue the journey.

The third witness was in 2001, after the events of September 11, which almost toppled my future in America because I was considered an Arab Muslim. One evening, an incredibly heavy rainstorm started while I was driving southbound on I-270 in Maryland from Damascus to Bethesda. The five-lane road turned into a river. My three-year-old son was sleeping in a child's seat in the back. I was in the middle lane, which was relatively higher than the side lanes. I wanted to move to the side of the road in preparation for emergency stopping. With the change of lanes, the tires of my car lost traction with the ground. I completely lost control. All maneuvers failed—the foot brakes, the hand brake, changing to a lower gear, and steering. I was not too fond of life because of the pain after my first spine surgery. The only problem was my little son sleeping in the back!

The car completely spun around three times. Every time, I saw the cars that were coming from behind; thankfully none of them collided with my car. Then my car turned to the right, running towards the side

curb that was about ten stories higher than the neighboring area. The road was separated only by a metal fence that could not possibly stop my Toyota Solara with its force. I thought that was the end so I thanked God for having lived and was content in that. I only wished that my son would survive. Suddenly the rain ceased; a hidden force stopped the car before it hit the metal barrier and redirected it to be parallel to the edge and facing the cars coming in my way. I remained astonished for several minutes. There I realized things words cannot express.

After my retirement in 2008, I decided to learn what is not taught in medical schools and spread the information for free. I turned to the study of the human being from a spiritual, holistic, sexual and ideological point of view. I wanted to find answers for the questions that had not been answered in a satisfactory way until then: What is the human being? And how does the Universe work? In this Book I answer these two questions, which are undoubtedly important to seekers of the Truth.

Stress versus Relaxation

When I switched to the study of spirituality and holistic medicine, I discovered the significance and the power of relaxation. And new horizons unknown in traditional medicine opened up to me. All spiritual and holistic healing methods tap into the relaxation response of the body. They employ it effectively for healing and recovery. This contrasts with the contractive response of the body in the case of stress, which my colleagues and I have established its devastating effect on the mind and the body.

"A New Earth" and Taming my Own Ego

I started to hear more and more about the ego. Then a conference fellow told me about an Author named Eckhart Tolle and advised me to read his Book *The Power of Now*. I bought the Book but didn't end up reading it. Several months later I saw a book by the same Author called *A New Earth* and found myself buying and reading it. This was one of the greatest gifts the Universe has given me. Every statement in that Book resonated deeply within my being.

A New Earth explained to me in the most convincing ways what the ego is, and its relationship to the

human being. It changed my life. I often say that Eckhart's teachings help overcome depression and anxiety better than all the psychiatric drugs in the world combined. He convinced me more than all the books and training I had gotten in the field of mental health up to that point!

I often turned to Heba, my wife, and said: "My dream has been to write this Book. Now that it has been written I don't know what to do!" It was around October 2009, a few months after marrying for the third time and not staying long in any prior relationship. My ego had already ruined two prior marriages to great women who gave me two amazing sons.

To me, *A New Earth* is a Holy Book, and Eckhart is a prophet. It is a contemporary extension of Khalil Gibran's classic, *The Prophet*. I also viewed Gibran as a prophet, as I did Rumi. I think I remained married this time for over ten years because of my understanding of my ego, thanks to Eckhart. When Heba and I married I had already gotten a vasectomy. That surgery was very challenging to reverse, particularly because it had been a few years since I had it. When she asked me to try to reverse it I told her that chances of success are limited; but we tried

anyhow. A few months later our son, Amen, was conceived. After six more years, I was blessed to have my first daughter, Nirvana, as I was turning fifty.

Despite our limited resources, compared to the peak of my career, my wife supported my pursuit of this spiritual path and healing. I got regular massage treatments, reiki and acupuncture sessions and my state of pain and suffering improved. I got rid of the neck brace and the narcotic drugs. I felt as if I was gifted a new life. So, I decided to dedicate it to promote these sacred practices. I studied and became certified by the American Board of Integrative and Holistic Medicine. I studied acupuncture and massage therapy and learned reiki with the best teachers in the world. I attended many retreats for healing, awareness and spiritual development. I went to conferences and retreats with Eckhart Tolle, Wayne Dyer, Deepak Chopra and many others. I also became a Sex Educator and a Fellow of the American College of Sexology. I met at the conferences a constellation of the most amazing humans and finest scientists of these fields on Earth.

Then I taught all of the above for free and conducted life coaching sessions that employed my diversified knowledge and experience. Yes, I cannot work or

drive more than a few hours at a time and a couple of days a week but I feel very positive about life and the world. The improvements I see in people who follow my advice are phenomenal. Once you get a taste of Spirit, you never want to go back to unconsciousness. Often, traumatic experiences people suffered from for decades are resolved within a few hours. They overcome depression, anxiety and insomnia. They get off addiction and drugs. Their relationships transform. I remember a chief police officer, after I taught him how to breathe to overcome insomnia, coming back to me and saying: "I now sleep like a baby. This is better than drugs!" A young man that had been subjected to many years of treatment for bipolar disorder with psychotic features, including twelve sessions of electroconvulsive therapy, came to me after the third session and said, "I have never felt better in my life!"

I realized that whenever the energy pathways open in the body, along with calming the egoic mind activity, the human being realizes oneness and hence healing flows naturally. That was exactly what happened to me when I healed from my diseases and suffering. It is like Love and Light moving in and out, causing healing to the patient, the therapist and to the Earth at large.

Science has recently demonstrated the benefits of these therapeutic modalities on health. For example, massage leads to the development of the relaxation response and switching the body from the state of contractility to that of diastole; and the release of pleasure hormones such as endorphins, encephalins, serotonin and oxytocin. This is aside from releasing growth hormones and growth factors, and stimulating the muscle circulation and the lubrication of joints. Its psychological effects are impressive. Massage is indeed one of the best and most efficient means for preventing and treating anxiety and depression, not only pain. You rarely find a person who gets weekly massage sessions suffering from insomnia, anxiety, depression or troubled relationships.

There are also numerous studies that demonstrate the psychological and organic benefits of meditation, essential oils, acupuncture and sexual health. And the benefits of healthy breathing, drinking water and consuming vegetables in abundance are well established. They are all essential components in shaping the energy of the human body.

My thinking shifted from denouncing the damage caused by stress to calling for the benefits of the relaxation response; which promotes diastole, pleasure and tissue recovery. I discovered that stress results from increased egoic mind activity, while the relaxation response revives the body and grows the soul.

Example: Working with Light (Reiki)

Man discovered the magical effects of reiki for thousands of years. Healers and ancient doctors used this practice efficiently. Despite the change of its name and the accompanying symbols of the practice with the change of cultures, it continued in essence as it is. Here I do not care about the name or symbols. I prefer to practice without them or to just use the ankh, the Key of Life used by ancient Egyptians to stay in the Now.

As you perceive your soul and become aware of the Light within, your transparency increases and you become a good conductor of energy. You can direct it, assemble it, dissipate it and change its spectra. You can even send it through time and space, healing the

pain of the past and treating whoever you want, even if she were thousands of miles away.

It is preferable that the patient lies down on a comfortable bed while wearing light, relaxing clothes without a belt, wallet, watch, accessories, shoes or socks. Stand on balanced feet with your head raised in purity as in the state of worship. Begin to breathe deeply and draw your attention to your inner energy and aura of light. Then expand your aura to include the patient or the other you want to serve without charge and without conditions. Do not seek glory, fame or gratitude for what you do. Get rid of any thoughts. Mental activity impedes the flow of energy. Just be present in the Now as Love and Light for yourself and for the recipient.

Place both hands on the patient's head just as you put your hands on your child wishing her wellness. Keep the palms of your hands touching the patient's head without significant movement or pressure. Breathe in deeply three times while your hands are still. Let the positive energy flow from you to the patient. Allow any negative energy from the patient to pass through your feet to the ground and into the air through your exhalation.

Gently move your hands to the sides of the head and repeat for three deep breaths. Then to the neck and then the shoulders and then to each arm and hand, each for three breaths. Keep doing so until most parts of the body are covered. This may cause you to yawn or your eyes to tear. You may feel some pain if you do not get rid of the negative energy promptly. You may sense disparities in the energy fields of different body parts. In any case, disperse any negative energy through your feet and your exhaled air. Then after the end of the session, take a few minutes to wash away the negative energy so that it does not stay with you.

The benefits of this simple practice are enormous. They cannot be expressed in words. It is enough to mention that when my older brother suffered from the pain of a deadly cancer that responded minimally to painkillers, I often sat on his side when he closed his eyes in pain and gave him reiki for a few minutes. After each time he opened his eyes to me surprised and said, *"What have you done to me? The pain has disappeared!"*

Great massage therapists use reiki, along with effective manipulation of the recipient's skin and tissues, with their loving strokes. They wish the patient well throughout the session. They may even visualize being in the patient's body and how it feels to receive each stroke. This speeds up the healing and makes it joyful and mutual.

Working with Light is not limited to body work. With practice you will notice its effectiveness in business and daily situations. You can visualize the meeting you are going to and fill it with peace and harmony before you arrive there. In doing this, you send your soul ahead of you to prepare for your physical arrival. When you walk in, do so with your heart open and smile to your colleagues and clients. The diastole and harmony you generate can easily prevail the meeting.

I know for sure that spiritual development makes life better for all, and in every aspect. In medicine, it decreases the vulnerability to obesity, depression, pain, insomnia, anxiety, heart disease and cancer. The practices are simple and free. Starting from deep breathing, meditation, massage, aromatherapy, qi-gong, consuming large quantities of pure water and vegetables, enjoying your body movement, music, sports, dancing and loving the other. The treatment

for the diseases of the age requires the methods of energy healing along with traditional medicine modalities.

Chapter 18: You Are Free

Don't wait for permission to build Heaven on Earth. No power outside of you can restrict your spirit or control your longing and dreams. Since your soul is the beam of Love and the breath of the Divine, you cannot be a slave or enslaved. Of course, Love enslaves no one. It is the Absolute and unconditional Light to all.

Slavery and enslavement are of the characteristics of ego. Ego worships its idol. Ego enslaves its body and does its best to enslave others. It is always frightened and lurking, trying to secure itself by all means.

The Divine created you to be free and wants you to remain free. But by following the ego, you surrender your freedom to the darkness. Of course, ego does not tell you that it is the enemy of Love. All it tells you is that you are separated from Love and that it is

your only means to communicate with Him. So you have to follow it, or you will be misled and end up in eternal torment. Then the ego lends its qualities and low frequencies to Love and ascribes to Him what should never be ascribed to the Divine.

Then the ego subjects you to complex programming, mass hypnosis and a series of controversies. Surprisingly, it convinces you that as long as there is a Creator for the Universe, the issue that you have to acknowledge is that the Absolute speaks only through that ego. Naturally, that ego mixes its instructions with honey and then coats them with sugar. It knows you will reject separatism and hatred, so it mixes them with some virtue. And it convinces you that its proposed hate and discrimination are in the service of the Divine and entices you with generous rewards.

Contrary to what the collective ego told you, you are not just free. Your freedom is the freedom of Love to manifest. Your conscious will is that of the Divine.

Your belief in your freedom is an essential step in building Heaven on Earth. For this to be realized, it must serve a Divine purpose. It must become your

lifestyle. It is necessary to respect the freedoms of others even if they disagree with you. What matters is the level of awareness. Every step that raises awareness brings us closer to Heaven on Earth.

Freedom and human rights are meaningless unless you sanctify everyone and give them the same rights and duties without exception and without any sort of enslavement. Ego benefits from freedoms and human rights so it can become the decision maker. Then it changes the rules to guarantee the authority for itself and its allies. It violates the rights and freedom of those who are different and designates them as infidels or charges them with treason.

Your awareness of your freedom emanating from Consciousness in every small and large component of life creates Heaven here on Earth. Starting from where you are.

You are free in everything. Ego supports you in your selfish and malicious goals. But it does not support you in building Heaven on Earth. Your ego, the egos of those around you and the collective ego will all hinder you and fight you. Ego will use all its soldiers and weapons to stop you.

Getting rid of ego early purifies your goal and means. It relieves you of many unnecessary burdens. Your faith in your freedom and in the support of Love is more than sufficient.

When you get rid of ego, Love and lovers will support you. They will show up in your life unexpectedly. They will love you and you will Love them for free and without ego. You will enjoy the journey, the companionship and every step along the way. And you will grow and prosper. This is of the grace of Love to realize at the time of your triumph your oneness with Him; and that He alone is enough for you.

Smile for Life

Be lighthearted, cheerful, captivating, and laugh at your own ego and on the wit of interacting egos. Reduce seriousness and generate more joy. Laugh and the world will laugh with you. Laughter often takes you to a higher state of consciousness, and causes your body to relax and life energy to flow within you.

Movement is a Blessing

Maintain your vitality and the wellness of your joints and muscles with frequent movement and physical exertion. Do most of your house chores by yourself. Dance whenever you can. Walk, especially in nature. Practice yoga and enjoy your body as much as you can.

Hug More and Cuddle Often

One twenty-second hug heals two. Be the one who offers heart hugs. Excuse those who refuse; for most people are afraid or they still live under cultures that shame and stigmatize any sort of bodily connection. Cuddles are even more powerful. Share them whenever you can, at least with family, friends and pets. Hugs and cuddles keep you healthy and expedite the spread of Light.

Speak Your Truth

Your expression of consciousness enriches you and benefits others. Show your true self, no matter how different it is. Do not hide or keep yourself behind veils. Speak honestly and transparently. Do not wait to convince anyone and do not argue. Having your light on the scene is important. Do not leave the scene for the cultures of fear and darkness to prevail and bury the truth inside you.

Get Involved in Person and Online

Solitude is useful only for meditation or for completing an important project. Other than that, society needs your light and you need to interact with others based on awareness and Love. Use your true identity online and be yourself. This way you set an example for others to look up to.

Chapter 19: Earth

Love chose the most beautiful planet of the Universe, Earth, to create Heaven. And He delegated building it to you and the people who are like you. This requires the efforts of Lovers and intelligent creators.

Earth is the planet full of life and all energy manifestations. Earth is the home to the living beauty of the Universe. It is the most distinctive place where Love transforms from invisible energy into visible and tangible creations. This is accomplished by you and your beloveds. It is manifested in your work and efforts that are based on vision and consciousness.

Earth is the Mother. Isn't she the source of life for you and all living things? She is rich and inexhaustible. She is generous to all. She is patient to the recklessness and madness of her children. She

believes they will grow up and become aware and act responsibly, and in harmony to build Heaven on her.

She is in oneness with the Absolute, just as you are. You are in oneness with her and with all of her children and components. Did your body's atoms come but from her? Did you breathe but her air? Did you feed on but her products? Did you drink but her water? Have you realized life but on her surface? Did you feel the joy of Love but with her sons and daughters? And when the journey of your body ends, who embraces your body but her soil?

That is why you thrive on her beaches, meadows, valleys and mountains. That is why you are refreshed by the purity of her air and the warmth of her Sun. That's why you realize your beauty in her and she realizes her beauty in you. That's why you are full of gratitude for every fruit you eat, every flower you smell, and for every bird you observe.

No wonder all of your energies interact with Earth and her components. And how can you be separate from her and her creatures while you are from her, by her and with her at all times? Your perception of

oneness with her and your loved ones is the cornerstone of realizing Heaven.

Illusion and delusion control those who do not realize their oneness with Earth and Her creatures. They torment themselves by not enjoying the beauty and splendor of her creatures as an integral part of themselves. He who is selfish and separatist creates his own hell. Love does not want to torture him, but he tortures himself by choosing ego.

The Earth feels your presence, and she enriches you with her energy and protects you from the negativity of ego. She caresses your feet when you walk barefooted on her soil and grass. Her air is happy to touch your skin and hair. She celebrates you and blesses you whenever you communicate with her. She recruits her soil, air, water and people to help you become a Seed of Heaven.

Earth is secure in herself. She is the beloved of Love—well-deserved. She is the place of Heaven in the Universe: a place where Love manifests and flourishes. Do not underestimate her powers. Earth is more powerful than your imagination. She can shake

off her surface all futility, pollution and barbarism in moments.

The will of Love is that Earth's sons and daughters build in harmony on her surface, and to do this while they are alive to qualify for Heaven. Thus, oneness is achieved and the greatest manifestation becomes perfected. This faith respects your mind and sanctifies Spirit in you, in the other, and in all beings.

You may have noticed that spiritual communication with Earth and its plants and animals is often easier than communicating with humans. This is because Earth and Her non-human beings do not have egos. But when you meet a person who has risen above ego, the communication with her is even more pleasant. Because then you meet in Consciousness.

Earth becomes Heaven once the speech of hate and separatism disappears and the ego gets disarmed. There is enough wealth and resources on Earth for all human beings and creatures. Earth is rich with creative people, scientists and Lovers. She needs only unification of the goal and sublimation above ego and its destructive ambitions and madness.

Chapter 20: The Oneness of Love

Love is the heart of the Divine, the Nothing; where Zero meets Infinity, where the Masculine melts in the Feminine, and where the Ying merges with the Yang. It is the one creative intelligence that is not limited by time or place.

The Divine with all of Her wings is one and not multiple. And Her heart, Love, is one and not multiple. And the higher intelligence, Consciousness, is one and not multiple. And this is that, and is the Truth: One and not multiple, no matter how many facets it has.

When you reach in meditation the point where all thoughts diminish, you enter the Divine field. If I meditate with you to the point beyond thoughts, I enter the same Divine field. It is the One and the

Absolute. This is the most beautiful field to meet, oneness.

By Now you realize that meditation can be, and should be, an ongoing state. You do not have to sit in a certain pose, close your eyes and breathe. That helps you initiate your entry into the Divine field. But the best way to live is to keep that Field in our daily activities and interactions. You stay observing your thoughts, your body energy, the situation and whoever you are interacting with. When you meet someone who interacts from the Divine field, you meet in Love!

The truth is that you do not love a person, but you love the manifestation of Love in that person. And when you meet someone in whom Love manifests, that furthers the manifestation of Love in you. The meeting becomes rich and joyful. You see your higher Self in this beloved.

And you enjoy Love wherever He manifests. It is your Divine nature. You cannot love a rose for its beauty and deny all other flowers despite their splendor.

The oneness of Love is an essential concept to facilitate your spiritual journey towards creating Heaven on Earth. Love is not multiple, though His manifestations are. Devotees and prophets of the Divine are always in Love. Whenever and wherever you are good and pure, you are in Love. And you are in Love with whoever is in Love!

The holy scriptures are two words encrypted in your DNA: Love more.

Sow the seeds of love wherever you go. And unto all the people and creatures who cross your path. But you have to do this consciously so that the poisoned arrows of ego don't injure you.

The mind wonders how someone sows the seeds of love in one place but the fruits come from another unexpected place. This is because Love is one and has no place and no time.

All loving relationships are gateways to the same Love. Your love for your wife is inseparable from your love for your father, your colleague, your neighbor, your students, your children or your mother. All love

is one. All loving relationships complement and promote one another. There is no competition. But some relationships raise your energy to higher, elative levels. The latter makes you love yourself, the other and love everyone and wish all well. This is what you yearn for. This is what reminds you of your essence, your Divine frequency, the Absolute in you. Which is home to me, you, and to all creatures.

A devotee does not hate. He Loves everyone or at least wishes them well. Love is not competitive and it has no room for jealousy which is one of the strongest frequencies of fear. The Love you find in many people enriches you and makes your presence important to everyone you meet. You give them your energy and benefit from theirs. And how can Love be divisible or separable while it is the container and the essence of all? It is the energy of creation and creativity for all.

The love of the Absolute for all creatures is unconditional. She gives them life, development and warmth as the Sun gives its light unconditionally. The Sun does not require the creatures to believe in it or to praise its glory. The Sun does not favor some people over others because of their heritage or belief system.

For the sun, all it wishes of you is to walk in its light, enjoy its warmth, eat the fruits of its energy and transform it into a fruitful constructive effort, in love and peace, in its example, to serve your sisters and brothers on this Planet. Likewise, Love created human beings only to innovate in spreading love and to build Heaven on Earth.

Your gratitude to the sun and following its example is your sincere reflection of her unconditional love for you. This is true love: love reflected on a pure mirror or light spread through a pure lens. You are a container of light and a distributor of it based on your signature. You leave wonderful lights and spectra after you. Do not keep Love and light for yourself, but distribute and spread it. This is the real role of the person in you: creativity in spreading Love and light on Earth.

Love is one and is not personal. *Love does not choose His prophets. Prophets choose Love. Others choose religion.*

Love manifests Himself in whoever makes herself pure, regardless of gender, race, age or skin color.

There is no doubt that you encountered those many times in your life. Some of them may have taught you in different stages of education, embraced you in upbringing, wrote a book that influenced you positively, or was an actor, an artist, a musician, a poet or a singer who touched your life. They may have included your father, grandmother, or your neighbor; whoever loved you without conditions. In all cases, these great people contributed to raising up your frequencies and making you a better human being.

Multiplicity and competitiveness of Love are the biggest tricks that ego believes. Overcoming this trick requires insight, certainty and courage that few can realize. Jealousy is inherent in the construction of ego.

A person imagines that in the oneness of Love he perishes. The truth is that in getting rid of jealousy, he finds his freedom and salvation. The oneness of Love is a rich field that has unlimited beauty. You realize Love whenever you ascend to it, regardless of the elevator that lifted you up. The end is one; the field of Light, Consciousness and Universal will, the field of creativity, healing and elation. And in this field you communicate with those you love. You feel them.

And they share affection with you without conditions, in spirit if not in person.

Once you realize the way up, you have to serve as an elevator for everyone who wants to rise. Thus you achieve the ultimate goal of being on Earth.

In the one Love, your insight clears so you see and realize what you never imagined before. In this field you find pearls and diamonds of wisdom, art and creativity. You bring them to Earth and spread them so they may be bright lamps for the seekers. In this way you join the constellation of the great people who are the Seeds of Heaven on Earth. Those who are creators, teachers, prophets, poets, musicians and artists; those who fill Earth with beauty and creativity despite all the activities of ego.

Chapter 21: Intimacy and Sex

Intimacy is the spiritual connection and communication between two individuals whose awareness extends to the same frequency. If there is intimacy in the sexual relationship or if sex is available in the intimate relationship, the relationship escalates both parties to higher dimensions.

Try to see the soul of your partner in love. Allow yourself to contemplate the beauty and splendor of his body, his voice, energy, strength and movements. Be courageous and energetic to stimulate intimacy. Save time to communicate and invest in love. Don't wait for him to start while you are inactive and unresponsive. Flirt implicitly or explicitly whenever possible. Conscious women are proactive in love and have the reins of intimacy.

The spectrum of intimacy is wide and its beauty is versatile. Spiritual communication and caressing can last long before and after making love. Every cell in your body thirsts for your beloved. And all of his cells yearn for your touches, smell and the interaction of your organs at all levels.

Feel free to make love to your beloved. If not in person, be with him in spirit. *Sexual fantasies are Love's way to move beyond boundaries. They heal the sender and the receiver!*

During lovemaking, open all the portals to heaven in your body to receive and celebrate your beloved. The more you communicate, the more amazement, joy and pleasure to unravel with your beloved. There you find yourself grateful to Love and saturated with your beloved.

While fear limits intimacy to the narrowest circumstances, you discover with the development of your awareness the beauty and limitlessness of sex. In the realm of Consciousness, souls meet and dissolve within each other in beauty, majesty and mutual enrichment. And you realize that the satisfaction of

our human bodies with intimacy is a sacred means to achieve Heaven on Earth.

But the negative programming that sex has been subjected to is so deep and complex that it is very difficult to come out of. The lifetime of this negative programming extends for thousands of years. Low levels of awareness deal with sex, like all other things, the opposite of high levels of awareness:

Low Awareness	**High Awareness**
The woman's body is forbidden	The woman’s expression of beauty is important
Criminalizing the relationship between the sexes	Celebration of lovers
Insulting the genitals	Sanctification of masculinity and femininity
Sex is dirty or disgusting and needs washing after	Sex is ceremonial and deserves washing before
Men choose women to use for sex	A woman chooses the man she loves to share the most precious with him

The reason for these opposing views on sex between the aware and unaware is clear and simple. In the realm of Spirit, the essence is love and holiness. There are no ego boundaries nor are there masks. On the other hand, the world of fear is based on separation, discrimination and the potential for hostility and encroachment. Since sex is one of the most powerful human instincts, all fear regimes ally to control it.

The higher your level of awareness is, the greater are your freedoms and the greater is your sense of confidence and security. The less the fear, the less the criminalization and prohibition. And of course, your appreciation increases for those who have raised their awareness. And you do not accept for yourself an intimate partnership with someone in low awareness.

In truth, when two souls meet at an upper frequency, sacred interference occurs, transforming both into better, higher, and closer beings to the Divine. This results in refreshing magical energy for the body and its energy pathways. The portals for the soul open, the skin shines, the limbs revive and organs come to thrive. This leads to a yearning for the beloved to enjoy his physical proximity if possible, or his soul if he cannot be with you physically.

The souls of lovers live in the higher sphere and support each other. That is why spiritual love is linked to the Divine, and caring for your beloved is a sacred duty because the beloved brings you closer to the Divine. And the Divine facilitates your communication with, and leads you to, your beloved. The beloved is often used as a surrogate, a metaphorical entry point, to the Divine, because the lover sees the essence of Love shining through the being of the beloved. Therefore, the body of the beloved becomes, metaphorically, a temple for the lover. And thinking of, spiritually summoning, the beloved becomes an entrance to the higher dimension.

Then the two souls merge at all levels of energy with lovemaking that is deep in its meaning and significance. This leads to reprogramming of the human body. The energy combined from the convergence of two loving bodies can turn caterpillars into butterflies.

The truth is that spiritual love is the fastest way to spread oneness and to build Heaven on Earth. It is a fusion of energies and a transformational chemical reaction that removes negative programming from

the bodies of lovers and those around them. It leads to cognitive realization of Heaven on Earth.

Chapter 22: Marriage and Divorce

Love enjoys sacred intimacy through your body. His only condition is to sanctify yourself and your partner in love. The permanent covenant between the two of you is not to harm one another in case of disagreement, separation or dominance of the ego.

The Divine recognizes the importance of diversity when it comes to relationship forms. Most people settle for life with one partner of the opposite sex who is close to them in age and culture. Some prefer to explore various other styles. It is not required that intimacy be sexual in any relationship. Marriage is any intimate soulful connection in the world of Love. People may change their choices from stage to stage as their circumstances or levels of awareness change.

Blessed are all lovers as long as they enter and leave this partnership or that in mutual holiness and peace.

Judge not your partner. Listen to each other open heartedly. Most likely you have two different journeys. This makes it impossible to look at things from each other's lenses. If you keep getting provoked by one another's ego, leave the situation and reassess your awareness and his.

Freedom stemming from responsibility and integrity is essential to keep a healthy relationship going. Free your beloved as well as yourself to experience life. Freedom enriches both of you. Give your beloved wings to fly and reasons to come back. When she comes back, celebrate without judgment or blame.

Ego reduces love to an obsessive relationship between two people. Its authorities have maintained the right to issue licenses and contracts or to terminate relationships. Many societies permit sexual relationships only to those awarded such contracts. Many authorities do not recognize relationships or children born outside of this framework. As always, ego has created sacred texts and devoted much of its

efforts, education and preaching to support this trend and to criminalize and prohibit all other forms of relationships.

Ego elevates the status of men and programs them to control women. Men do not benefit from this control, but suffer because of it. They are victims of ego in this as well. In low awareness, women are programmed to submit and be submissive to society and to the family men. Ego treats the woman as a commodity, not as a human being. Ego has created such concepts as honor and chastity to control women, their bodies, their clothes, their opinions and their feelings. Ego allows the woman to use her body only to a minimum, with one person for life and with the consent of its authorities. Those who do not comply are subjected to punishment or moral assassination.

Honor is to sanctify Love and share it with the beloved at high frequencies. Integrity is honesty in expressing love and serving your beloved away from oppression, pressure or acquisition.

Chapter 23: Seeds of Heaven

There are now millions of people serving as the Seeds of Heaven everywhere on Earth. You are probably one of them. You know it if you shine light and beauty and are filled with love. Then you see holiness in all human beings and all creatures.

Seeds of Heaven realize that they are the breaths of Love moving on Earth. They do not look down at their fellow human beings and other creatures. They celebrate those who have realized their oneness with Love. They look with awareness and compassion to others who have not yet realized Love within themselves.

Seeds of Heaven recognize that most people are still in the process of growing their awareness; and that they are still prisoners of their mental fences and fears. The conscious—the devotees—extend their

hands to help their fellow humans overcome their fences.

As man traverses the mental fences and collective tents of ego, his head rises to higher heights and he lives in the Now. He becomes present more as the being than as a person. A conscious man abandons selfishness that limits him; and he lets go of unconscious associations. He goes beyond personalizing things. He is aware of the higher frequencies. He lives first as a soul, second as a body; and he saves his mind for creativity and joy.

The conscious person can quickly identify others who are in higher frequencies. She celebrates them and tries to cooperate with them. She can also direct energy from the higher sphere into the realm of matter, including the human body. All this leads to the manifestation of the Divine through her, so she becomes a vessel of light, a channel to direct it, a lens through which light passes, or a diamond to reflect it.

Despite the majesty and beauty of the higher frequencies you live in, your life associations and engagements often negatively affect your ability to retain Love and light. Just like a rechargeable lantern,

when it is placed in a dark place it lights up for some time, but gradually the charge is exhausted and the light fades away. You need to recharge often to keep your light on and up.

But how can the Seeds of Heaven charge themselves and raise their frequencies? If you do not have other aware people around you, meditate to communicate with the highest energy, use deep breathing, yoga, pray from awareness, consume pure water, fresh vegetables, fruits and Earth products in Love and gratitude. Then spend time reading books or listening to lectures and meetings of the outstanding spiritual teachers.

But you are not alone. There are millions of aware people like you in all parts of Earth. These people you know as soon as you meet as if they were your childhood friends, with whom you can communicate without words. In awareness it feels perfect to be with one another because you meet in the higher dimension. You love those who live in high frequencies, and they love you before you meet in the world of matter. These are sources of great renewable energy for you, and you are a great source of renewable energy for them.

In the world of energy, if your power is 10 watts and another person's power is 10 watts, when you meet in oneness the result is not just the sum of your energies (10 + 10 = 20 watts), but the multiplication net of energies (10 x 10 = 100 watts). And if you were three, your energy when together becomes 1,000 watts. If six candles gather in contemplation, silence, love or prayer, your energy would become one million watts. This makes you together a powerful beam of laser instead of being scattered candles. In addition, you light each other up and keep the light alive. All of this happens naturally and in abundant joy. Love flows along with charity, creativity and light for all; without fear, acquisition or exploitation.

And so you begin to switch from being the Seeds of Heaven to the Orchards of Heaven. You turn from living as scattered candles to laser beams that illuminate the Earth and the Sky. And your fellow human beings who have not yet found the way look forward to you as a viable example to follow.

Chapter 24: Orchards of Heaven

The Seeds of Heaven need each other to achieve self-sufficiency and to ensure survival and prosperity. They also need a spiritual approach based on Love that everyone agrees on. They do not need a leader or a guru. Their leader is Consciousness, their purpose is Love and their guide is the Scale of Awareness. Their approach is that individuals help each other raise their frequencies from fear to Love. Once together, Seeds of Heaven turn into an Orchard of Heaven.

Members of an Orchard of Heaven prioritize their group without monopoly or possessiveness. Each shares his talent and experience genuinely and wholeheartedly to the wellness of the members of the Orchard; and to radiate such wellness on Earth by example. Orchards in different parts of Earth cooperate and encourage each other. All orchards aim to revive humanity and eliminate fear, war and

hate speech. They also seek to solve the problems of poverty, hunger, ignorance, disease, oppression and pollution.

An orchard may begin with two individuals who see each other's soul and dedicate themselves to serving, delighting and developing each other in the name of Love. This is a good first step to spread the high frequencies between themselves, in their surroundings and remotely with the other seeds and orchards of Heaven on Earth.

Orchards may start with more than two individuals, families, co-workers or neighbors. The more the members of an orchard, the greater the challenges. But the increasing membership is exponentially rewarding. If everyone is sincere, overcomes selfishness and jealousy and commits to rising from fear to Love, life will be full of creativity; and enjoyment will increase rapidly in a dazzling way.

These orchards currently exist on Earth in various forms. They include families, work teams and companies. They may come in the form of small villages or virtual groups on social networking sites. There are also small states whose constitutions aim to

achieve human rights and support higher morals and virtue and to transcend fear, discrimination and hate speech.

All of these orchards aim at the advancement of human awareness and to achieve Heaven on Earth, even if they call it by different names. The visions of these existing orchards are gradually becoming clearer. They are realizing that in their creativity and enjoyment they build Heaven on Earth for all. And they do their deeds out of Love, moving towards the Light, to serve everyone in fairness and transparency.

Living in an Orchard of Heaven is much easier and more enjoyable than living separately and away from those who share your vision and purpose. It is also safer and less susceptible to the poisoned arrows fired by preachers of fear and hate speech upon those who aspire to achieve oneness.

Living within a oneness community protects you and protects other members of the community. The multiplicity of talents, resources and skills in the community enables it to grow and prosper.

The dominant culture in Orchards of Heaven is Love and Light to all. There is vast freedom: you are free so far as you do not harm others. Individuals are happy with each other. Individuals who are in harmony and who sanctify one another enjoy intimacy and the community celebrates and blesses them. Everyone strives to facilitate the well-being and joy for others without possessiveness. Individuals bend to one another in holiness.

In these societies there is diversity, beauty, love for science, Earth, nature and all creatures. There is full accommodation and care for all talents, children, the elderly and people with special needs.

When children are born in these beautiful communities they are parented by all members of the society. They are brought up on the values of Love, Light, virtue and freedom. Children live in a kindergarten of their own, with diversity, sharing and love for Earth and all human beings. They have food, drink, useful games and all the resources to help them grow and prosper. Children are brought up by aware educators who love their profession. Community members take turns to serve and care for all children. Each senior teaches the kids her experiences and skills with the utmost sincerity.

The members of these orchards share their resources and property. They keep for themselves only what is enough to cover their needs. They then donate whatever is in excess of their needs to set up charitable projects throughout Earth. This ensures the accelerated spread of Love, Light, peace and prosperity to all.

These orchards scattered all over the Earth produce creative individuals who are able to manage societies, politics and the economy. People of villages, cities and countries select these enlightened individuals to run their communities. When the enlightened and the skilled are in charge, they formulate constitutions and laws based on Love and Light, aiming at building Heaven on Earth for all.

This is inevitable. Love always triumphs in the end. Man must achieve the goal of his existence: building Heaven on Earth. What follows later will be even more exciting. This is but the first step to building the Cosmic Heaven.

Mankind has gone through many challenges and conflicts. The past was its early childhood. It is time

for humanity to stand on her own feet and begin moving forward towards one moral and beautiful goal: building Heaven on Earth, in Love and oneness for all.

Chapter 25: The Family and the Roles of the Play

In the world of energy that is not subject to time, souls exist. In the world of matter that is subject to time, people are born. In the world of Spirit, you are familiar with the grand plan to build Heaven. You even participate in it.

When you are a soul and decide to live in the world of matter you have to choose a father, a mother and a body to be born in. This is a complex decision that the human mind cannot comprehend. So, I will not go into how it is made. But there is no doubt that in the realm of Spirit you know what you do not know now and see what you do not see now. You then choose a family to help its spiritual development or to teach it important lessons. You do this out of Love and that is all.

Likewise, when you carry a baby, your body gets ready to receive a new soul to teach you what you need in the rest of your journey. The new soul needs your body, your mind, your resources, and your effort and of course your soul during her journey on Earth. Your lesson and the baby's lesson are interactive and too complicated to understand. It is enough to believe that they are lessons for Love to learn experientially the mechanisms of building Heaven in the world of matter.

This is why conscious people respect their children as well as the children of others. They recognize that the role of parenting is an honor and a responsibility. They learn from the child and teach her with deep love. On the other hand, the unconscious conquer their children and expose them to poor cultures; not deliberately or in bad faith, but because that is the best they know.

The interaction between children and parents creates important developments in the individual and collective awareness. Development is often not perceived or seen from an individual perspective. But you comprehend some of it in the upper levels of awareness. This gives you gratitude to all of those who have chosen to be in your life, and sometimes a

smile whose meaning is only understood by your soul.

The truth is even much deeper than what is mentioned above. Your soul chooses everyone whom you meet in the world of matter to affect them and be influenced by them. All souls enrich each other and Consciousness advances because of your presence here on Earth and theirs. Yes, this includes your ex-husband and your mother-in-law as well as your lover and your best friends. On an individual level, some may appear to be enemies or opponents. But you cannot deny that they have taught you important lessons. And only Love remains forever.

When the roles are over, the masks fall, the curtain drops and the Universe applauds for the wonderful performance, you turn to your colleagues behind the scenes and embrace each other in celebration and mutual gratitude. And there you tell each other that during the life cycle you believed the roles you all played as if they were your reality!

Conclusion

Here, in this Book, and Now, in the Twenty-First Century, Science meets Spirituality to achieve unprecedented advances for humanity. We do not argue or fight. We live up to one noble goal that we all strive to achieve without exceptions, discrimination or superiority.

Let us love more and enjoy building Heaven on Earth together. Let us sanctify love speech no matter where it comes from, and transcend fear and hate no matter who advised it.

Your reading of this Book may have caused some of the Author's essence to seep into your soul. But decades of experience cannot be reduced to a few hours of reading. This Book is only a guide and a friend on your journey. The more you read it, the more depth you discover. And your journey will be wonderful and rich.

Stay with the Absolute whenever you can. Beware of the tricks of your own ego. Follow Love even if it comes from another. Abandon fear even if it comes from you. May you be one of the prophets of Love who radiate Light wherever you are!

THE END

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